

Baked pumpkin seeds recipe

Don't toss those pumpkin seeds! Bake them for a tasty treat. They can be salted or spiced to suit your palate. The shells are edible and are a good source of fiber.

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour, 10 minutes

Ingredients: Pumpkin seeds, cooking spray, olive oil or butter
Optional Ingredients: Salt, garlic powder, onion powder, seasoned salt, or other seasoning

Step 1: Rinse pumpkin seeds. Use your fingers to remove all the pulp. Drain pumpkin seeds and discard pulp. Spread out on a cookie sheet to dry overnight.

Step 2: Preheat oven to 250 F. Line a baking sheet with non-stick foil.

Step 3: Toss pumpkin seeds in olive oil or butter, or spray with cooking spray. Sprinkle with salt or your choice of seasonings. Toss to coat.

Step 4: Bake about 1 hour, tossing every 15 to 20 minutes, until golden brown.

Step 5: Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to 3 months or refrigerate up to 1 year.

If you like your pumpkin seeds extra-salty, soak overnight in a solution of 1/4 cup salt to 2 cups of water. Dry an additional day, then proceed as above.

