

Perfect Roasted Pumpkin Seeds

Ingredients

Pumpkin or Winter Squash seeds, cleaned and rinsed

1 tbsp good quality olive oil for every cup of seeds

1/2 tsp kosher salt for every cup of seeds

Optional – 1/4 tsp of any of the following – chili powder, cayenne pepper, cumin, cinnamon & 1/4 tsp sugar. Toss with seeds during the oil and salt step.

Instructions

1. Preheat oven to 325
2. Boil the seeds for 10 minutes in a medium saucepan of boiling water with 1 tsp of salt. Drain well. Not only will this make your seeds more digestible, it will help the outer shell to crisp-up during the baking process. If you simply cant wait, you can skip this step and take the cleaned and dried seeds right to roasting. Still yummy, just not as consistent.
3. Place dried seeds in a bowl with 1 tablespoon of oil for every cup of seeds you have. Massage seeds with oil and add 1/2 tsp of salt per cup to the mix. Coat well. Add 1/4 tsp each of selected spices and sugar if you want to flavor your seeds.
4. Place seeds in a single layer on a cookie sheet lined with parchment or a non-stick baking mat.
5. Bake in pre-heated 350 oven for 20 minutes. Stir and turn seeds. Return to oven and bake for 10 -30 more minutes.
6. Remove from oven and taste. Seeds should be evenly browned and golden inside. Add more salt if needed.
7. Enjoy!

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