

# Roasted Pumpkin Seeds

Prep Time: 15 min

Cook Time: 12-15 min

Servings: 4

Happy Fall, y'all. Pumpkins (a fruit) boast flowers, seeds, and flesh that are edible and rich in vitamins. Pumpkin seeds, also known as pepitas can be eaten with or without the hull(shell) and are delicious when roasted. Our recipe for Roasted Pumpkin Seeds uses the unshelled (still in the hull) seeds. Drying after washing is the trick; crisp and flavorful pepitas are the treat!



## Ingredients

- 1 cup pumpkin seeds, scooped from the inside of a pumpkin
- 1 Tbsp olive oil
- salt and pepper, to taste
- optional: garlic powder, cayenne pepper, seasoning salt, or Cajun seasoning

## Steps

1. Pre-heat oven to 350°F.
2. Wash seeds in a colander to remove the pulp and strings. Make sure to dry the seeds as much as possible between paper towels. This process will help to eliminate steam and crisp the seeds when roasting.
3. Toss pumpkin seeds in a bowl with olive oil and seasonings of your choice.
4. Spread seeds in a single layer on a lightly greased baking sheet for even roasting.
5. Roast for 12-15 minutes, stirring every 5 minutes to encourage even browning. When seeds are golden brown, they are ready.



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