



Roasted Pumpkin Seeds

Items Needed:

- Pumpkin w/ seeds and guts
- Salt
- Olive Oil
- Parchment Paper
- Colander



Step 1 - Scoop

Carve your pumpkin as usual, but instead of just slinging the guts anywhere, place them, and the seeds, into a big bowl.

Step 2 - Clean

Add water to the large bowl of seeds and attached pumpkin flesh. The seeds should float to the top, making it easier to separate them from the stringy pumpkin guts. Place the separated seeds into a colander and rinse a bit more. Then place them out on a paper towel to dry. The dryer the better.

Step 3 - Bake

Toss the dried pumpkin seeds with a drizzle of olive oil and a sprinkle of salt. Spread them in a single layer on a parchment-lined baking sheet. Roast them at 300°F for 35 to 45 minutes, stirring/ swooshing them around halfway. You know they're done once they're golden brown and crisp.