

Planting Tomorrow's Radio Show

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PawPaw Bark Buddies' Roasted Pumpkin Seeds Recipe

1. Extract seeds from pumpkin
2. Separate and discard pulp
3. Thoroughly wash seeds in warm water
4. Spread seeds onto a cookie sheet
5. Sprinkle generously with salt
6. Drizzle a little olive oil and stir (optional)
7. Put in oven and bake at 350 degrees approximately 20 minutes
8. Check seeds to see if they are done by taking a sample out, allowing to cool and tasting.
If the insides are dry, they are done.
9. Allow to cool and serve

Get creative with variations:

- cheesy pumpkin seeds...sprinkle with cheesy popcorn seasoning
- tex-mex pumpkin seeds...sprinkle powdered taco seasoning onto the seeds (mix in bowl)...if you like it really hot, add some red pepper powder
- cajun style pumpkin seeds...mix seeds in a bowl with a packet of cajun seasoning mix and to really crank your seeds up a notch, add hot sauce
- garlic salt...oh yeah, this is Pawpaw's favorite!

If you have any seeds leftover, keep fresh in an airtight container or freeze