

Toasted Pumpkin Seeds

~by Mom is the Only Girl and her boys

Ingredients:

pumpkin
sharp knife
large spoon
large bowl
strainer
large stove-top pot
water
salt & other seasonings
olive oil

Directions:

Cut off the top of a pumpkin as if making a jack-o-lantern and scoop out the seeds inside.

Clean off the seeds the best you can after putting some water on to boil. This is a little challenging, but try to get to the point where you only have seeds, no stringy stuff. This is where the strainer comes into play. Rinse well!

Brine:

Measure out the seeds. For every cup of seeds you will need 1 tablespoon of salt and try for a generous amount of water, about 2 cups for each cup of seeds.

Bring to a boil, then simmer for 10 minutes.

Strain the seeds, carefully spread them onto paper towels to dry (optional).

Bake:

Spread the seeds onto cookie sheets, drizzle them with olive oil, crack pepper or dash whatever seasonings you'd like over them. Try to make a single layer of seeds.

Place the cookie sheets into a 325 degree oven for about 10 minutes. Give them a little stir, then pop them in for another 10 minutes or so. Watch for the last 5 minutes so they don't burn! Maybe even pull a couple out, let them cool and crack them open to make sure the seed inside isn't burning. Give them a taste test, they may need a few more minutes to get crispy! You want them a nice golden brown. When you pull them out dash a little more salt and seasonings over them if you'd like!

(remember all ovens are different, yours may need more time after giving another stir, or less time, which is why you should watch your seeds in the final moments of the recommended cooking time!)

Enjoy your delicious, fresh toasted pumpkin seeds! After all, that's what you get from a pumpkin!