



How to Roast Pumpkin Seeds

When dealing with a pumpkin, it's easy to overlook the amazing stuff that you scoop out en route to jack-o-lantern status. The goopy pulp and seeds just seem like they belong in the garbage can. But trust us — you'll never toss out those seeds again once you roast them up into a crunchy seasonal snack. Roasted pumpkin seeds are a great source of potassium, and high in protein — in addition to being super delicious.

How to Clean

Start with the pumpkin! Any pumpkin you can get your hands on will do the trick.

Harvesting the seeds may be the only complicated part of the whole process, and it's not that bad!

You'll need:

-  A sharp knife
-  An ice cream scoop
-  A colander or strainer
-  A towel

If you'll be carving your pumpkin for Halloween, cut a hole about 6 inches in diameter in the top of your pumpkin. Use the ice cream scoop or your hands to scrape out the pumpkin guts. Try to separate the flesh from the seeds as much as possible before collecting the seeds in your strainer. It's a messy job, but it's worth it.

If you're planning to roast your pumpkin, simply cut the pumpkin in half and scoop out the seeds from the flesh with a sturdy serving spoon or ice cream scoop.

Thoroughly rinse your seeds under cold running water. You can even set your colander in a bowl of water and most of the seeds will float to the top. Either way, you'll need to get your hands in there to further separate rest of the pumpkin bits. Spread the clean seeds on a towel and pat dry.

Pumpkin Seed Recipes

For each cup of raw seeds, evenly coat with...

Italian Seeds

- ▲ 2 tbsp. melted butter
- ▲ ¼ cup of grated Parmesan cheese
- ▲ ½ tsp Italian seasoning

Sweet Seeds

- ▲ 2 tbsp. melted butter
- ▲ 1 tbsp. brown sugar
- ▲ ½ tsp cinnamon

Savory Seeds

- ▲ 2 tbsp. melted butter
- ▲ 1 tsp seasoned salt
- ▲ 1 tsp white vinegar

Spicy Seeds

- ▲ 2 tbsp. olive oil
- ▲ ½ tsp Cajun seasoning
- ▲ ½ tsp fresh lime zest

Roasting Instructions

- ▲ Heat oven to 350° F.
- ▲ Rinse pumpkins seeds and pat dry with paper towels
- ▲ Spread seeds in ungreased 15 x 10 x 1 inch baking pan
- ▲ Toss with ingredients listed above
- ▲ Bake 350° F for 15 to 20 minutes or until golden brown and crisp, stirring once.
- ▲ Cool 10 minutes or until completely cooled before serving