



Toasted Pumpkin Seeds

Yield: 1-1 ½ Cups/Pumpkin

Pumpkins can be carved for a Halloween trick and the seeds can be prepared for a Halloween treat. So, when carving your next Jack-o-Lantern, don't throw the pumpkin seeds out. Save them and make a treat that will be asked for every Halloween!

Ingredients

1 quart hot water
1/4C salt
Seeds from 1-3 pumpkins
1-2 tablespoons vegetable oil
salt

Directions

Dissolve the salt in the hot water, in a non-corrosive bowl. Set aside and let cool.

Remove the pumpkin seeds from the pumpkin and place in a colander. Under running water, rub the seeds together to remove all traces of pumpkin. Place the cleaned seeds in the cooled salt solution and use a small plate to keep the seeds submerged. Allow to brine for twelve to twenty-four hours in the refrigerator.

After brining, drain the seeds and allow to partially dry on a towel. Place the dried seeds in a bowl and mix with just enough of the oil to coat and add a light sprinkling of salt. Place in a single layer on a sheet pan and bake at 350 degrees for twenty to thirty minutes, stirring occasionally. When golden brown, remove from the oven and place on paper towels to cool and absorb excess oil. The seeds can be stored in an airtight container for up to a week, but probably won't last that long.

Note that the wetter the seeds are when placed in the oven, the longer they will take to toast.

Recipe by David Musial

