

## ROASTED PUMPKIN SEEDS

Pumpkin seeds are really good when roasted, actually any squash seed is good when roasted. So the kids have made their Jack O Lanterns, or you just cut up a couple of pumpkins to make something. Here's what you want to do:



Remove seeds from pumpkin, and pick the pulp off of the seeds. There should be about 1-2 cups of seeds. Place the seeds into a colander and rinse them off, removing the pulp and slime. Take 3-4 cups of water and place into a pot add about 2 tablespoons of sea salt and bring to a boil, once its boiling add the seeds and boil for about 4-5 minutes. Remove and pour back into the colander. Take a cookie sheet and line with parchment paper. Place seeds on cookie sheet and spread out - allow to dry overnight.

***Now I know a lot of you are going what the heck, we never boiled the seeds or let them dry, heck we never even cleaned the guts off them.***

OK first off most everyone can agree that roasted seeds need to be crunchy, and wet seeds just don't roast well, by the time you get the outside crunchy the seed inside is burnt. And if you boil the seeds the salt water is penetrating into the seed, adding flavor. Ok now let's get back to actually roasting the seeds.

When it comes to flavor you can make them sweet, or spicy, it's up to you. Today I'm using a Montana seasoning called Alpine, plus Alpine garlic and pepper seasoning. Once you have decided what you are going to use here's what you do:

Place seeds into a bowl, add about 2 table spoons of oil I use olive oil, but you can use what you want or even melted butter, mix seeds until all are coated add about 2-3 tablespoons of your spice and mix until all the seeds are coated. Preheat oven to 350-degrees, take a cookie sheet and line with parchment paper. Pour seeds onto cookie sheet and spread out evenly on cookie sheet. Place into oven roast for about 30-45 minutes, about every 10 minutes or so open the oven and mix and turn the seeds with a spatula seeds are done when roasted golden brown and crunchy. Pull out of oven and allow to cool. Placed into an air-tight container they will last about 1-2 weeks.