Ingredients
1 quart water
2 teaspoons salt
2 cups pumpkin seeds
1 Tablespoon olive oil

Instructions
1. Preheat oven to 250 degrees F.
2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain; spread on kitchen towel or paper towel and pat dry.
4. Place the seeds in a bowl and toss with oil or melted butter.
5. Spread evenly on a large cookie sheet or roasting pan.
6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.

7. Cool the seeds; then shell and eat or pack in air-tight containers or zip-closure bags and refrigerate until ready to eat.

Note
Don’t waste the seeds after cooking your pie or making jack-o-lanterns. Instead, roast and salt the seeds for a delicious and nutritious snack. Let the children slosh through the fibers in pursuit of the slippery seeds; it is so much fun.

Remember
Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.