

Farmers Market Fun Family Recipes

ROASTED PUMPKIN SEEDS

Serving Size: $\frac{1}{8}$ cup

Yield: 2 cups

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.

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Nutrition information:

Calories: 100
Carbohydrate: 2 gm
Fiber: 0 gm
Fat: 10 gm
Protein: 4 gm
Cholesterol: 0 mg
Sodium: 440 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



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 slish 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.

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