

GARDEN FRESH RECIPES
BY SAFER BRAND



Roasted Pumpkin Seeds

PREP TIME: 20 MIN
COOKING TIME: 30 MIN

WHAT TO PLANT

- Pumpkins

INGREDIENTS

- 1 1/2 cups of raw pumpkin seeds
- 2 teaspoons of melted butter or olive oil
- 1/2 teaspoon of garlic salt, plus more if desired

DIRECTIONS

1. Preheat oven to 325° F.
2. Remove seeds from the pumpkin. Then separate the pumpkin seeds from the stringy insides. It's best to do this while the seeds and the pumpkin guts are soaking in water. The seeds float, and the stringy stuff doesn't. Remove as much of the stings and pulp as you can.
3. Dry seeds thoroughly or place on a baking sheet and allow to dry overnight.
4. Toss seeds in a bowl with oil and garlic salt.
5. Spread seeds into a single layer on a lightly oiled, rimmed baking sheet. Bake for 20-30 minutes, until golden brown, stirring halfway through.
6. Season with additional garlic salt as desired.