



JERSEY TASTES! RECIPES

Now & Later Pumpkin Seeds

INGREDIENTS

- 1 large pumpkin
- 1 ½ cups pumpkin seeds
- 2 tsp. fine sea salt, plus more for serving
- 2 tsp. olive oil
- 2 teaspoons favorite spice blend

DIRECTIONS

- 1** Clean your pumpkin seeds. Place seeds into a bowl of cold water. Swish the seeds around the bowl, then remove them as they float to the top. Set aside as many seeds as you would like to plant in the spring. [Saving Pumpkin Seeds](#)
- 2** Boil in salted water. Next, add the mostly clean seeds to a pot of boiling salted water and simmer for about 5 minutes.
- 3** Pat your seeds dry. Drain and rinse the seeds. Pull away any extra bits of pumpkin left, then dry them as well as you can. The more dry your pumpkin seeds are, the better they will roast in the oven
- 4** Add flavor and roast. Toss the dry seeds with oil (use olive oil or coconut oil). Add a sprinkle of your favorite spice blend. Spread your seeds into one layer and roast them in a 350°F oven until crisp and browned around the edges.

Pumpkin seed nutritional facts -eating pumpkin seeds with the shell is a good source of fiber. Additionally, the seeds contain protein, zinc, vitamin E, and magnesium.



Teacher Resources

Lesson Ideas



Read Along

