

## ROASTED PUMPKIN SEEDS (PERFECTLY CRISPY!)

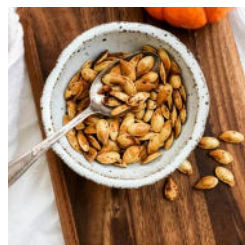
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COURSE: SIDE DISH CUISINE: GLUTEN-FREE

KEYWORD: HOW TO ROAST PUMPKIN SEEDS, ROASTED PUMPKIN SEEDS

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES TOTAL TIME: 40 MINUTES

SERVINGS: 3 CALORIES: 132KCAL AUTHOR: MEGAN GILMORE



Here's how to roast pumpkin seeds, so they turn out perfectly crunchy every time.

Roasted pumpkin seeds are lightly salty and crispy, for a healthy snack, or salad topping!

### EQUIPMENT

- Fine Mesh Strainer

### INGREDIENTS

- 3/4 cup raw pumpkin seeds  
(from a 2.5 to 3 pound pumpkin)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon garlic powder
- 1/4 to 1/2 teaspoon fine sea salt

### INSTRUCTIONS

1. Scoop the seeds out of the pumpkin, if you haven't already, and place them in a fine mesh strainer. Rinse the seeds under running water, picking out any pumpkin pulp that might be stuck to them. You want the seeds to be very clean for best results, but you can pick off any remaining pulp when you dry them.
2. Transfer the seeds to a towel, and pat well to dry. If you're going to carve a pumpkin, feel free to let the seeds sit on the dry towel for up to 2 hours. The drier the seeds are, the crispier they will be when you roast them. Alternatively, you can place the seeds on the pan after towel-drying them, and let them roast in the oven at 300°F for 5 minutes, to help eliminate excess moisture faster.
3. Once the seeds are dry, preheat the oven to 350°F. Pour the dry seeds into a bowl, and toss with the olive oil, garlic powder, and salt. I usually use 1/2 teaspoon of salt for these (because I like salt!), but 1/4 teaspoon is sufficient if you're looking for a mildly salty snack.
4. Spread the seeds out into a single layer on the pan. They will tend to clump together, but do your best to separate them so they will get as crispy as possible. Roast at 350°F for 15 minutes.
5. When the timer goes off, remove the pan from the oven and use a spatula to stir the seeds, to help them crisp-up evenly. Return the pan to the oven, to bake for another 10 to 15 minutes. Watch closely towards the end of the cooking time, to make sure the seeds don't get too dark.
6. When the seeds are lightly golden, remove them from the oven and let them cool. The seeds will continue to crisp up as they cool down. Enjoy as a crunchy snack, or as a topping for salads and soup.
7. These pumpkin seeds never last longer than 3 days in my house, but I think they should keep well for at least a week in an airtight container. Store them in the fridge or freezer for a longer shelf life.

### NOTES

Nutrition information is for roughly 1/4 cup of seeds. This information is automatically calculated, and is just an estimate, not a guarantee.

I tested a sweet version of this recipe, but I found that maple syrup and coconut sugar tend to get dark much faster than the savory seasonings. Definitely don't bake them for more than 22-24 minutes, if you decide something sweet into the mix, and watch closely for them to turn dark.

### NUTRITION

Calories: 132kcal | Carbohydrates: 2g | Protein: 5g | Fat: 13g | Saturated Fat: 2g | Sodium: 195mg | Potassium: 129mg | Fiber: 1g | Sugar: 1g | Vitamin C: 1mg | Calcium: 7mg | Iron: 1mg

<https://detoxinista.com/roasted-pumpkin-seeds/>