

## Roasting the Pumpkin Seeds

Ingredient: Raw Seeds, Water, olive oil & Salt (seasoning, if desired)

Equipment: Pan, Measuring cup, colander, oven mitts, tbs measure, baking tray, timer & cooling rack.

Rinse pumpkin seeds in a colander under water & separate any extra guts.

Measure your seeds MEASUREMENTS: Add 2 cups of water & 1 tablespoon of salt = every half cup of pumpkin seeds, in saucepan.

Bring the salted water & seeds to a boil. Simmer for 10 minutes. Remove from heat & drain.

Preheat the oven to 400°F. Coat the bottom of a baking sheet with TBS olive oil. Spread the seeds out over the roasting pan in a single layer, & toss them to coat them with the oil on the pan & add extra seasoning.

Bake on the top rack until the seeds begin to brown, 20 minutes, may take much longer if the seeds are still damp. Keep an eye on them. When lightly browned, remove & let cool on a rack. Can crack shell or eat whole.