



today's main ingredient

A  LOCAL FOOD PODCAST



Toasted Spiced Pumpkin Seeds

INGREDIENTS – makes 1 cup

1 1/2 cups seeds with pulp, freshly scraped from a pumpkin (or butternut or acorn squash)
2 teaspoons vegetable oil
1/2 teaspoon chili powder
1/4 teaspoon cumin
1 pinch ground cloves
1/2 teaspoon salt (or more to taste)
1/4 teaspoon black pepper

Preheat the oven to 375°F

STEP 1 – Lightly oil a cookie sheet or jelly roll pan. Spread the seeds and pulp on the prepared pan and bake them for 10 to 15 minutes, or until the pulp separates from the seeds and the seeds are golden.

STEP 2 – Remove the pulp from the seeds, discarding the pulp.

STEP 3 – In a bowl combine the oil, chili powder, cumin, cloves, salt & pepper. Toss the seeds with the spice mix, coating them evenly and return to the pan.

STEP 4 – Toast the coated seeds for 5 minutes, or until they are golden brown and crisp, and then let them cool.

The seeds will keep in an airtight container for 2 weeks.