



Roasted Pumpkin Seeds

NIBBLEDISH CONTRIBUTOR

Ingredients

pumpkin seeds, rinsed and patted dry
1-2 tsp olive oil or canola oil
salt or sugar to taste
cayenne, cinnamon, or another spice you enjoy just to coat seeds

Instructions

Preheat oven to 300. Toss seeds with oil, salt or sugar and any spices you might want. Place on a cookie sheet in a single layer and bake for about an hour until golden, turning every 15 minutes or so. I thought I would speed this process up by turning up the heat and they began to pop all over the oven so I don't recommend this.