



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PUMPKIN SEEDS TWO WAYS



Pumpkin seeds are a seasonal favorite. This easy version is great for kids to help with.



01 HR 00 MINS



Serves 2-4



INGREDIENTS

1 pumpkin, medium-sized

Cinnamon Toast Pumpkin Seeds

- 1-1/2 cups pumpkin seeds
- 3 tablespoons butter, melted
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 tablespoons white sugar

Sweet Rosemary Pumpkin Seeds

- 1-1/2 cups pumpkin seeds
- 1 tablespoon vegetable oil
- 2 teaspoons brown sugar
- 2 teaspoons minced fresh rosemary
- 1/2 teaspoon kosher or sea salt, or to taste

METHOD

Cut open pumpkin and remove seeds. Rinse seeds under cold water to remove remaining fibers. Pat seeds dry using paper towels.

Fill a pot with water and add a pinch of salt. Bring water to a boil over high heat, add seeds and cook for 10 minutes. Drain seeds and pat dry using paper towels.

In a bowl, add ingredients from flavor chosen above. Add pumpkin seeds to bowl and mix to coat.

Air fry Roasted: Preheat air fryer to 400°F. Spread pumpkin seeds in a single layer on the bottom of the air fryer basket. Air fry the pumpkin seeds for 20 minutes, turning them every 10 minutes.

Conventional Oven Roasted (Alternatively):

Preheat oven to 300°F. Line a baking sheet with parchment paper and spread seeds in a single layer. Roast pumpkin seeds for 30-40 minutes or until crispy and golden brown, turning them occasionally.

Remove pumpkin seeds from the air fryer (or oven) and let cool to room temperature before serving.

Adjust the salt and brown sugar to taste. Store leftover seeds in an airtight container to maintain crunch.