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How Do I Roast Sunflower Seeds And Pumpkin Seeds From Our Garden?

Georgia Lauritzen

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A weekly question/answer column

**How Do I Roast Sunflower Seeds And
Pumpkin Seeds From Our Garden?**

Georgia Lauritzen answers:*

Roasted sunflower seeds and pumpkin seeds make great snacks. Here are some tips on preparing them.

- For sunflower seeds or pumpkin seeds in the shell, heat the oven to 250 degrees. In a large shallow baking pan combine 2 cups of seeds, ½ teaspoon Worcestershire sauce, 1 ½ tablespoons melted butter, 1 ¼ teaspoons salt. Bake approximately 2 hours, stirring occasionally until the seeds are crisp and dry.
- For hulled pumpkin seeds or sunflower seeds, bring 1 1/3 cups water and 3 tablespoons salt to a boil and pour over 1 2/3 cups raw hulled pumpkin seeds placed in a bowl. Cover and stand at room temperature 12 to 24 hours. Drain liquid from the seeds, spread seeds evenly in a 10 by 15 inch baking pan and bake in 350 degree oven for 25 to 35 minutes or until the seeds are dry and puffed. Stir frequently. Let cool, stirring occasionally. Store in airtight container. Roasted pumpkin seeds will stay fresh for up to 10 days.

* Georgia Lauritzen is Utah State University Extension Food and Nutrition Specialist