

# PUMPKIN SEED

## RECIPES



Growing up, many kids enjoyed this raw treat lining the inside of the pumpkin's shell. The seeds were tossed aside or forgotten until the next year until it became time to carve pumpkins again. But now more people are aware of the benefits of pumpkin seed nutrition and they're taking advantage of these healthy seeds.

### Nutritious



# Nutrition Information (USDA)

| Pumpkin or Squash Seeds, Shelled, Unsalted                                                                                          |                 |                |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|
| Nutrition Facts                                                                                                                     |                 |                |
| Serving Size: 0.3 × cup, whole pieces — 118g                                                                                        |                 |                |
| Amount Per Serving                                                                                                                  |                 | % Daily Value* |
| Calories                                                                                                                            | 223.5 kcal      | 11 %           |
| Total Fat                                                                                                                           | 19.1 g          | 29 %           |
| Saturated Fat                                                                                                                       | 3.3 g           | 17 %           |
| Trans Fat                                                                                                                           | 0 g             |                |
| Cholesterol                                                                                                                         | 0 mg            | 0 %            |
| Sodium                                                                                                                              | 7 mg            | 0 %            |
| Total Carbohydrate                                                                                                                  | 5.7 g           | 2 %            |
| Dietary Fiber                                                                                                                       | 2.5 g           | 10 %           |
| Sugars                                                                                                                              | 0.5 g           |                |
| Protein                                                                                                                             | 11.6 g          | 23 %           |
| Vitamin A                                                                                                                           | 0 % • Vitamin C | 1 %            |
| Calcium                                                                                                                             | 2 % • Iron      | 17 %           |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                 |                |

## Unshelled



## Shelled



| Pumpkin or Squash Seeds, Unshelled, Unsalted                                                                                        |                 |                |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|
| Nutrition Facts                                                                                                                     |                 |                |
| Serving Size: 0.3 × cup, whole pieces — 64g                                                                                         |                 |                |
| Amount Per Serving                                                                                                                  |                 | % Daily Value* |
| Calories                                                                                                                            | 94.2 kcal       | 5 %            |
| Total Fat                                                                                                                           | 4.1 g           | 6 %            |
| Saturated Fat                                                                                                                       | 0.8 g           | 4 %            |
| Trans Fat                                                                                                                           | 0 g             |                |
| Cholesterol                                                                                                                         | 0 mg            | 0 %            |
| Sodium                                                                                                                              | 3.8 mg          | 0 %            |
| Total Carbohydrate                                                                                                                  | 11.4 g          | 4 %            |
| Dietary Fiber                                                                                                                       | 3.9 g           | 16 %           |
| Sugars                                                                                                                              | 0.5 g           |                |
| Protein                                                                                                                             | 3.9 g           | 8 %            |
| Vitamin A                                                                                                                           | 0 % • Vitamin C | 0 %            |
| Calcium                                                                                                                             | 1 % • Iron      | 4 %            |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                 |                |

## Traditional Pumpkin Seeds

2 cups pumpkin seeds, washed  
1 tablespoon olive oil  
1/2 tsp salt, more or less to taste  
1/2 freshly ground pepper or peppercorn



Preheat oven to 300°F.

Line cookie sheet with foil or parchment paper.

Mix ingredients and spread in a layer on sheet pan.

Bake for 20 minutes, mixing seed mixture after 10 minutes.

Seeds should be golden and crunchy. Bake longer if needed



## Spicy Pumpkin Seeds

2 cups pumpkin seeds, washed  
1 teaspoon salt  
1 teaspoon cumin  
1/2 teaspoon chili powder  
4 tablespoon butter



Place on cookie sheet with spices and butter in a mound.

Bake in preheated oven at 350 degrees till butter is melted about one minute.

Lower oven to 300 degrees, mix and spread seed into single layer and bake till crisp about 30-40 minutes.

## Cinnamon Sugar Pumpkin Seeds

3 cups pumpkin seeds dried for at least 24 hours  
3 TBS coconut oil or butter  
½ tsp pure vanilla extract  
4 TBS granulated sugar\*  
2 tsp ground cinnamon  
1 tsp sea salt



### To dry pumpkin seeds:

Remove from pumpkins and rinse thoroughly. Spread out in a single layer on a baking sheet lined with paper towels. Let sit at room temperature for 24 hours, changing the damp paper towels out for dry ones after about 12 hours and stirring occasionally.

### To make the pumpkin seeds:

Preheat oven to 325°F. Very lightly grease a large baking pan, set aside. In a small bowl, mix together sugar, cinnamon, and salt. Set aside. Melt coconut oil or butter in a large microwave safe bowl or on the stove-top in a 4-quart pot. Remove from heat and stir in vanilla. Mix in pumpkin seeds until they are all evenly coated. Add dry ingredients to the pumpkin seeds and mix until all they are evenly coated. Spread pumpkin seeds on your prepared baking pan in single layer. Bake for 25-35 minutes, stirring every 10 minutes, until seeds begin to brown. To test for doneness: remove a few seeds from the pan and let sit on the counter to cool. If they harden up the seeds are done. If they remain soft, return to the oven, checking them after 5 minutes. Continue baking in 5 minute intervals until done. Once seeds are done, transfer them from the warm pan to another pan lined with parchment paper to let cool.

## Ranch Pumpkin Seeds

2 cup of dried pumpkin seeds  
4 teaspoon olive oil  
2 teaspoon sea salt  
1 teaspoon onion powder  
1 teaspoon parsley  
1 teaspoon garlic powder  
1 teaspoon dill  
1/2 teaspoon dry mustard  
1/2 teaspoon celery seed  
1/2 teaspoon paprika  
1/2 teaspoon black pepper



### To dry pumpkin seeds:

Remove from pumpkins and rinse thoroughly. Spread out in a single layer on a baking sheet lined with paper towels. Let sit at room temperature for 24 hours, changing the damp paper towels out for dry ones after about 12 hours and stirring occasionally.

### To make the pumpkin seeds:

Preheat oven to 300°F. Line a baking sheet with parchment paper, and set aside. In a small bowl, mix together your seasoning mixture.

Toss the clean and towel-dried pumpkin seeds with the olive oil. Then, add in the seasoning mixture, if using, or just salt to taste, tossing to make sure each pumpkin seed is well-coated.

Spread pumpkin seeds onto the prepared baking sheet, making sure they are in one even layer. If you need to move to a second baking sheet, do so. Roast in preheated oven for 20-30 minutes, stirring every 10 minutes, or until the pumpkin seeds are golden brown.

Remove from heat and let cool completely (pumpkin seeds will crisp up as they cool).

## Chili Lime Pumpkin Seeds

- 2 Cup Pumpkin Seeds
- 2 teaspoon Olive Oil
- 1 teaspoon Chili Powder
- 3 tablespoons chili-lime seasoning (such as Tajin®)
- ½ teaspoon Cayenne Pepper
- 2 teaspoon Salt
- 1 Fresh Lime



### To dry pumpkin seeds:

Remove from pumpkins and rinse thoroughly. Spread out in a single layer on a baking sheet lined with paper towels. Let sit at room temperature for 24 hours, changing the damp paper towels out for dry ones after about 12 hours and stirring occasionally.

### To make the pumpkin seeds:

Preheat oven to 350°F. Grease a baking sheet and set aside.

In a bowl, mix pumpkin seeds with olive oil and all the spices until all of the seeds are evenly coated.

Use a spoon to spread the seeds into a single layer on a baking sheet. Bake for 25 to 30 minutes, stirring frequently until the seeds are crispy and dry.

Remove from oven and squeeze ½ a lime over the top of the seeds. Stir to distribute the lime juice evenly and loosen any seeds that are stuck to the baking sheet.

Allow the seeds to cool before serving.

**WARNING**  
**THESE ARE SPICY AND ADDICTING**



## FAQ About Roasting Pumpkin Seeds



### Question:

Are roasted pumpkin seeds a healthy snack?

### Answer:

Yes! They are a high-protein, high-fiber snack!

### Question:

Should I dry my pumpkin seeds before roasting?

### Answer:

Yes, drying the pumpkin seeds is imperative for crispy roasted pumpkin seeds that do not get soggy.

### Question:

How do you eat pumpkin seeds? Do you take off the shell?

This is a question I had before the first time I ate a roasted pumpkin seed! Is it like a sunflower seed and you're supposed to peel it and eat the inside? Or do you eat the whole seed at once? The

### Answer:

both or either! Many people eat the whole pumpkin seed—shell and all—especially when it's roasted with flavoring like we do down below. You can also crack the shell and just eat the pepita—the green inner pumpkin seed without the shell.

### Question:

What do roasted pumpkin seeds taste like?

### Answer:

Roasted pumpkin seeds are very mild in flavor, making them a great base for seasonings like we use in the recipes below. The texture after roasting is super crispy and crunchy. It'll definitely satisfy your crunchy snack cravings!

