

**Ingredients for Roasted Pumpkin Seeds:**

1 1/2 cups pumpkin seeds  
1/4 tsp smoked paprika  
1/4 tsp pasilla chili powder  
1/4 tsp garlic powder  
1/2 tsp parsley  
1/2 tsp sea salt  
1 tbsp olive oil  
1/2 tbsp melted butter



**Notes:** The key to perfect Roasted Pumpkin Seeds is low and slow. Some experts suggest [blanching the seeds before oven roasting](#); others suggest using an [egg white in place of the oil](#). Watch the [How to Make Roasted Pumpkin Seeds Video](#) for added instruction and entertainment.

**Directions:**

- 1) Cut open up the top of the pumpkin.
- 2) Using your hands or a heavy spoon, scoop the seeds out.
- 3) To get the stringy pulp off the seeds, submerge in water. Drain water and blot seeds dry.
- 4) Season the seeds with olive oil and melted butter, smoked paprika, pasilla chili powder, garlic powder, parsley and sea salt.
- 5) Mix and spread in a single layer on a baking sheet.
- 6) Bake in preheated 300(F) oven for 35-40 minutes, stirring occasionally.
- 7) Share and enjoy.

**Tip:** For added instruction and entertainment, watch the How to Make Roasted Pumpkin Seeds video.