

Roasted Pumpkin Seeds

2 c pumpkin seeds

2 T vegetable oil

1 t salt

Separate seeds from the pumpkin pulp; do not wash. Measure seeds and spread them out in one layer on a jelly roll pan or cookie sheet. For every 2 cups of seeds sprinkle with 2 T of vegetable oil and 1 t salt. Bake in a 250° oven for 1 ½ hours or until dry and crisp but not brown. Cool completely. Store in a tightly covered container. Crack shells to remove the seeds or eat just as they are