

Roasted Pumpkin Seeds - Six Recipes

Roasted pumpkin seeds are a healthy, crunchy snack that is gluten-free, paleo, vegan, and totally delicious! One caveat here: some folks struggle with digesting unsoaked nuts and seeds.

Clean your pumpkin seeds

Scoop all your pumpkin seeds out from the pumpkin. I like to lay them out on a clean kitchen towel or newspaper. Once you have the seeds mostly separated, fill up a big bowl with warm water and dunk in the seeds. Use your hand to swirl them around a bit to loosen any pumpkin guts remaining. Then, let the seeds rest for about five minutes or so. In those five minutes, magic happens! The seeds all float, and the remaining pumpkin guts sink.

Fish out the seeds using your hands, a slotted spoon, or a sieve, and then put them onto a dish towel and pat dry. You now have clean seeds ready to be roasted!

Pumpkin seeds can be tricky for some folks to digest. If you find that pumpkin seeds give you tummy trouble, you can alleviate this problem by either soaking or boiling your pumpkin seeds before roasting:

Soak pumpkin seeds: Soak the clean pumpkin seeds in a quart of filtered water mixed with 1 tablespoon of salt for at least eight hours or overnight at room temperature. Remove from the water, towel dry, and then roast as directed—you may need to add 5-10 minutes' worth of cooking time to get properly crunchy pumpkin seeds.

Boil pumpkin seeds: Speed up the process by instead boiling pumpkin seeds in salted filtered water. Bring a saucepan of filtered water (1 tablespoon salt per quart of water) to a rolling boil, and then add the cleaned pumpkin seeds and boil for 10 minutes. Remove from the water, towel dry, and then roast as directed—you may need to add 5-10 minutes worth of cooking time to get properly crunchy pumpkin seeds.

Preheat oven to 300°F and line a baking sheet (or two, depending on how many seeds you have) with parchment paper.

Toss the towel-dried pumpkin seeds with oil, salt, and seasoning, making sure each seed is well-coated. Spread the seeds in one even layer on the prepared baking sheet.

Roast in the preheated oven for 20-30 minutes, stirring every 10 minutes during baking time.

Pumpkin seeds are ready when they are golden brown. The seeds might be chewy right when they come out of the oven but will crisp up nicely after cooling.

Salt and Pepper Roasted Pumpkin Seeds

These pumpkin seeds prove just how spicy black pepper can be! For a full nose-tickling kick, add the full amount; for just a little bit of black pepper flavor, add less. Since the black pepper is the predominant flavor in these seeds, fresh cracked is the way to go!

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- ½ teaspoon sea salt
- 1/8–1/2 teaspoon black pepper

Ranch Roasted Pumpkin Seeds

It takes a little bit of a lot of different spices to get the classic ranch flavor!

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- ½ teaspoon sea salt
- ¼ teaspoon onion powder
- ¼ teaspoon parsley
- ¼ teaspoon garlic powder
- ¼ teaspoon dill
- 1/8 teaspoon dry mustard
- 1/8 teaspoon celery seed
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper

Pizza Roasted Pumpkin Seeds

The Parmesan cheese gives such an awesome, nutty flavor during roasting. Feel free to swap out the Parmesan for nutritional yeast if you want to make these pumpkin seeds vegan.

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- 1 TBSP grated Parmesan cheese or nutritional yeast
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon sea salt
- 1/8 teaspoon garlic powder

Dill Pickle Roasted Pumpkin Seeds

These dill pickle pumpkin seeds are flecked with dill and garlic—like a crispy version of your favorite pickle. The vinegar just adds a touch of the acidic flavor that pickles are known for. If you happen to have citric acid around from canning, that will work in place of the vinegar to add that tang, too. Add just a pinch instead of the white vinegar.

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- 1 teaspoon white vinegar
- 1 teaspoon dill
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- 1/8 teaspoon black pepper

Cinnamon Sugar Pumpkin Seeds

The coconut sugar in these tends to burn in the oven, so keep a close eye on them. You might be tempted to skip the salt here, but it really helps develop the flavor and sweetness. It doesn't make the seeds taste salty or savory, it just adds a nice depth to the flavor.

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- 1 TBSP coconut brown sugar
- 1/2 teaspoon cinnamon
- Pinch of salt

Sweet and Spicy Pumpkin Seeds

You can't beat the interesting combo of sweetness with just a touch of kick! These aren't super spicy, but the heat does build after a handful (or two). If you're afraid of the heat, leave out the black pepper. It doesn't seem like it would do much, but it adds another dimension of spicy that can be overwhelming to some palates.

For each half cup of raw pumpkin seeds

- 1 teaspoon olive oil
- 1 TBSP coconut brown sugar
- 1/2 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper

Notes

Roast at a low temperature: You're looking to dry out your pumpkin seeds, not burn them. A low temperature of 300°F is the way to go when baking pumpkin seeds.

Remove the pumpkin guts: You might be tempted to try roasting pumpkin seeds without cleaning them, but that'll give you chewy pumpkin seeds. Remove as much of the pumpkin strings and flesh as possible before roasting.

Parchment paper is going to give you the best roast: I love using reusable kitchen items wherever possible, but this is a job for parchment paper instead of your silicone baking mat. I've tested it both ways, and the parchment seems to wick away moisture from the pumpkin seeds better than the silicone.

Keep a close eye on your oven: If your oven has hot spots or if you've never roasted pumpkin seeds before, make sure to keep a close eye as they roast to prevent burning. Rotate the pan if you see some seeds getting darker, and make sure to stir 2-3 times during the baking time.

Roasted pumpkin seeds are usually still chewy when they are hot out of the oven. Let them cool completely and then try again. If they are still chewy, pop them back in the 300°F oven for 5-10 minutes to finish crisping them up.