

## **Toasted Pepitas (Aka: Toasted Pumpkin Seeds)**

Don't throw those pumpkin seeds out when hollowing your pumpkin for pie or soup. They make a nice, munchie snack to eat out of the shell – much like eating sunflower seeds in the shell (albeit, not for everyone).

### **Directions:**

Rinse seeds to remove all the pumpkin pulp and place on paper towel to dry.

Heat a non-stick skillet on med-high heat.

Toast seeds, turning frequently until lightly browned. Remove pan from the stove. Pour small amount of olive oil in skillet & swirl to lightly coat seeds. Season with a little salt.

### **Best technique for eating:**

Place seed vertically between front teeth. Gently bite down on edge of seed, starting at pointed end, working along the edge toward the fatter portion of the seed. When you reach approximately 2/3 of the way across the seed, it will open up and scoop seed out with your tongue. With a little practice you'll feel like an experienced little bird. (Works for me, anyway.)

If anyone knows of an easy way to remove seeds without eating (to accumulate a stock-pile of pepitas), do please, let me know.

