

ROASTED PUMPKIN SEEDS

SEED ON ONE MEDIUM SIZE PUMPKIN
NON-STICK COOKING SPRAY
BUTTER OR MARGARINE
SALT
WORCESTERSHIRE SAUCE OR OLD BAY SEASONING (OPTIONAL)



Once removed from the pumpkin, rinse your seeds in cold water to remove any remaining pumpkin flesh. Spread them out on paper towels to dry.

While they dry, preheat your oven to 300 degrees F.

Spray a cookie sheet with non-stick cooking spray. Spread the seeds on the cookie sheet, preferably in a single layer.

Top with bits of butter or margarine, about $\frac{1}{4}$ tsp per bit, leaving a distance of about 3 inches in between bits. Sprinkle salt to taste. Roast in the oven for 15 minutes. Then stir and drizzle Worcestershire or sprinkle Old Bay Seasoning to taste. Roast for another 15 minutes or until most of the seeds have browned. You may need to stir once more about 5 minutes before they are done.

Cool for 5 - 10 minutes. Place in a large bowl and enjoy!