

GINGER-PAPRIKA TOASTED PUMPKIN SEEDS

(from Chef in Disguise)

1/2 cup pumpkin seeds
2 cups water
1 tablespoon salt
about 1 tablespoon olive oil
powdered ginger to taste
paprika to taste

Scoop out the insides of your pumpkin. Separate the seeds from the stringy core and then rinse them.

In a small saucepan, add the water, seeds and 1 tablespoon of salt. Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain. Spread your seeds on a baking sheet and allow to dry completely.

Drizzle the seeds once they get dry with olive oil, sprinkle with the powdered ginger and paprika, or any seasonings you like, and mix to coat them as evenly as possible. Spread the seeds out over the roasting pan, all in one layer.

Bake in a preheated oven at 390-400 F (200 Celsius) until they become golden brown or are roasted the way you like (10-20 minutes). Allow to cool.