

Roasted Winter Squash or Pumpkin Seeds

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Ingredients

- Leftover guts of Winter Squash or pumpkin (this is the part with seeds and squash strings that you scoop out)
- Olive oil
- Salt
- Garlic powder (optional)
- Paprika (optional)



Directions

1. Preheat oven to 350°
2. Separate winter squash seeds from the rest of the squash guts. It's easier to do this in a bowl of cool water. Once finished put seeds into large mixing bowl, add olive oil (till well coated) then add a sprinkling of salt and optional seasonings to taste.
3. Roast seeds for 35-40 minutes until light brown, stirring occasionally. Let cool and serve, or store in an airtight container at room temperature for up to two weeks

Authors

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