

TOASTED PUMPKIN OR SQUASH SEEDS

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From: *Mary Margaret McBride's
Encyclopedia of Cooking
Deluxe Illustrated Edition*

1. Remove the fiber from unwashed seeds. To 2 cups of seeds add 1 1/2 tablespoons of melted butter or salad oil and 1 to 1 1/2 teaspoons salt.
2. Spread the seeds in a shallow pan. Toast in a very slow oven at 250 degrees F. until brown and crisp, stirring occasionally. Allow to cool before eating.
3. My boys found they liked it when I left some of the thin fiber, they become crispy and have a nice flavor (as long as they don't burn). They always picked the toasted fiber off first then ate the seeds.

Sent in by Phebe Meyer