

Cajun Spiced Roasted Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

5

Description

Double or triple this roasted pumpkin seed recipe depending on how many cups of seeds you have One large pumpkin will generally yield 1 cup or pumpkin seeds and smaller pie pumpkins will yield about the same amount Toss a salad with these seeds sprinkle over a chicken dish or serve as a snack

Ingredients

- - 1 cup raw whole pumpkin seeds
- washed and dried - 1 teaspoon paprika (Optional) - $\frac{3}{4}$ teaspoon Cajun seasoning
- or to taste - salt to taste - 2 dashes Worcestershire sauce - 1 tablespoon butter
- melted

Instructions

1. Preheat oven to 300 degrees F (150 degrees C). Toss pumpkin seeds with paprika
2. Cajun seasoning
3. and salt until coated. Mix Worcestershire sauce with melted butter in a small bowl
4. pour over seeds
5. and stir to to combine. Spread seeds onto a baking sheet in a single layer. Roast seeds in the preheated oven until browned and crunchy
6. 45 minutes to 1 hour; stir and turn seeds several times during roasting.