

Persian Toasted Pumpkin Seeds

Extract the seeds from a medium-sized pumpkin and rinse in a collander to remove as much pulp as possible.

Boil the seeds in a saucepan for 10 minutes (they will appear slightly greyish). Drain and remove any remaining pulp.

Bake on a cookie sheet in 350 F/175 C oven for about 10 minutes to dry them.

Mix 1 T/ 15 ml of olive oil with 2 T / 30ml Za'atar* and 1 tsp/ 5 ml salt in a bowl. Mix in the pumpkin seeds and spread on a sheet of parchment paper on a cookie sheet

Bake at 350 F/175C for about 1/2 hour, or until the seeds are browned.

Cool and store in an airtight container.

** This is a herb and spice mixture popular in the Middle East and is often used to flavour rice, pasta, or couscous, as well as many meat dishes.*

