

# Toasted Squash Seeds



Greater Cleveland  
Food Bank

**BAKES:** 30-45 minutes



**SOAK/DRY:** 4 hours

## Super Squash Seeds!

The small seeds have **protein**, **fiber** and more. Enjoy them as a snack, in trail mix, on salads, with granola, or as a garnish.

Lightly sweeten, or season with your favorite spices and herbs.

Adapted from: [JessicaGavin.com](http://JessicaGavin.com) and  
**Sioux Chef's Indigenous Kitchen**

## Ingredients

- Seeds from Winter Squash or Pumpkin
- ½ teaspoon salt (for each cup water)
- Cooking oil (1 tsp for each cup seeds)
- 1/8 teaspoon salt (for each cup seeds)

## Directions

1. Scoop out seeds from squash.
2. Put in strainer; rinse under cold water.
3. Soak in salted cold water for 2-4 hours.
4. Rinse again; separate seeds from pulp.
5. Lay seeds in flat layer on towel.
6. Let dry for 2-4 hours.
7. Pre-heat oven to 350F degrees.
8. Toss seeds in cooking oil and salt.
9. Lay flat on baking pan; roast in oven.
10. Flip seeds occasionally so they don't burn; roast for 30-45 minutes.

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