

Pumpkin Seeds: BBQ & Spice

Why should sunflower seeds and corn nuts get all the special flavors? This is a great alternative to the common oil or butter and salt pumpkin seed recipe.

INGREDIENTS

FOR BOILING

- 2 cups water
- ½ tablespoon salt, per 1 cup of water
- 2 cups pumpkin seeds

THE SAUCE

- 3 tablespoons butter, melted
- 2 tablespoons BBQ sauce, your favorite
- ¼ teaspoon garlic salt
- ⅛ teaspoon ground cumin
- ⅛ teaspoon ground ginger
- ⅛ teaspoon onion powder
- 1 pinch pepper
- ⅛ teaspoon chili powder, optional
- ⅛ teaspoon ground allspice, optional



Preparation

- Start to finish: 4 Hours
- Inactive: 2 Minutes 30 Minutes
- Bake: 1 Minute 30 Minutes

METHOD

1. Rinse pumpkin seeds until pulp and strings are washed off.
2. Boil seeds in salt water for 10 minutes.
3. Dry seeds on non-shedding towel or wax paper. Do not use a paper towel.
4. Combine sauce ingredients and stir until integrated.
5. Add seeds to the sauce and stir together until seeds are completely coated.
6. Spread seeds evenly on baking sheet.
7. Bake 1-2 hours at 250°F or until light brown and crispy. Do not overcook, and stir seeds about every 15-20 minutes.

Because the sauce on this is a darker color, it's easier to overcook your seeds. Be extra careful not to overcook your seeds or the flavor will not be as tasty.

Baking time greatly depends on how long you let the pumpkin seeds dry. If the seeds are completely dry before you bake them, you may only need to bake them for 20 minutes. Although this recipe takes a long time from start to finish, most of the time you're not doing anything but checking on the seeds. There is a very small effort investment when baking these.

Source: www.TheCookingDish.com (Chris Mower) **Course:** Snack

Cuisine: North American : United States

(2 cups)