GRANNY PLANTS

Savory Herb & Garlic Pumpkin Seeds

the anti-cinnamon-sugar seed recipe

Crunchy, garlicky, herby — use every seed from every pumpkin this season. Makes about 1 cup. About 15 minutes prep, 20 minutes roasting.

You'll need:

- 1 cup raw pumpkin seeds, cleaned of pulp
- 1 tbsp olive oil or melted butter
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried rosemary or thyme, crushed
- 1/4 tsp smoked paprika
- 1/2 tsp salt
- A few grinds of black pepper

Good to know:

Getting the seeds truly dry before roasting is the whole secret to crunch — don’t skip that step, even though patting them dry feels tedious. It’s worth it.

How to make it

1. **Clean the seeds.**
   Rinse the pumpkin seeds in a colander under cool water, rubbing off the stringy pulp. Pick out any large bits of pumpkin flesh.

2. **Dry thoroughly.**
   Spread the seeds on a clean kitchen towel and pat completely dry, or let them air-dry for an hour. The drier they are, the crunchier they'll roast.

3. **Season.**
   Preheat oven to 325°F. In a bowl, toss the dry seeds with the oil, garlic powder, onion powder, rosemary, smoked paprika, salt, and pepper until evenly coated.

4. **Spread in a single layer.**
   Spread the seeds in a single layer on a parchment-lined baking sheet, without crowding.

5. **Roast.**
   Roast 18-22 minutes, stirring halfway through, until golden and crisp. Watch closely in the last few minutes — they go from perfect to burnt quickly.

6. **Cool and store.**
   Let cool completely on the pan before eating or storing — they crisp up further as they cool. Store in an airtight container up to 2 weeks.

Granny's notes:

Snack straight from the jar, or scatter over pumpkin soup for crunch — see the savory sage soup recipe.
Try swapping the herb blend for chili powder and a pinch of cayenne for a spicy version.
Works with any winter squash seeds too, not just pumpkin — don't let any of Elizabeth's go to waste.