

Pumpkin Seeds: Chipotle Ranch

This is a simple yet delicious recipe that has a bit of a zing to it. You can find chipotle ranch mixes in most grocery stores.

Ingredients

For Boiling

- 2 cups water
- 1 tbsp salt
- 2 cups pumpkin seeds, washed and cleaned

The Sauce

- 4 tbsp butter, melted
- 1-½ tbsp chipotle ranch mix



Method

- 1. Boil Seeds:** Rinse pumpkin seeds until pulp and strings are washed off then boil seeds in salt water for 10 minutes. Dry seeds on a non-fuzzy towel (not a paper towel). Let seeds dry for up to two hours.
- 2. Mix Sauce:** Combine sauce ingredients and stir until evenly mixed. Add seeds to the sauce and stir together until seeds are completely coated.
- 3. Roast Seeds:** Spread seeds evenly on baking sheet, as thinly as possible. Bake 1-2 hours at 250°F or until light brown and crispy. Do not overcook, and stir seeds about every 30 minutes.

Notes



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.

I love the Alison's Pantry chipotle ranch mix: <http://goo.gl/oh5hHo>

Prep

- Prep: 15 Minutes
- Rest: 2 Hours
- Roast: 2 Hours

Source: Chris Mower (TheCookingDish.com) (Yield: 2 cups)
