

Pumpkin Seeds: BBQ & Spice

BBQ sauce (with a little spice mixed in) creates a well-loved and delicious pumpkin seed snack. With all or just some of the added spices, you can create a spin on the classic BBQ while tickling your taste buds with a bit of flare. Though the process of roasting fresh seeds can be a while, most of it is just sitting around waiting.

Ingredients

For Boiling

- 2 cups water
- 1 tablespoon salt, per 1 cup of water
- 2 cups pumpkin seeds, cleaned & washed

The Sauce

- 3 tablespoons butter, melted
- 2 tablespoons BBQ sauce, your favorite

Optional Sauce Enhancers

- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground ginger
- 1/8 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon chili powder
- 1/8 teaspoon ground allspice



Method

- 1. Boil seeds:** Add salt to boiling water. Once dissolved, add the cleaned pumpkin seeds. Boil for 10 minutes.
 - 2. Dry seeds:** Drain seeds and spread in a thin layer onto a kitchen towel (non-fuzzy!) or small-squared baking sheet. Allow to dry for a couple hours. (This step can be shortened and sometimes skipped, but you will need to add more time to the baking process.)
 - 3. Mix sauce:** Preheat oven to 250°F. Add the sauce ingredients together in medium sized bowl (with optional enhancers if desired). Add seeds to sauce and mix until all seeds are covered. Spread evenly onto rimmed baking sheet and place into preheated oven.
 - 4. Bake:** Bake for 1-2 hours (depending on how dry the seeds were when you put them in), stirring/turning every 20 minutes to prevent burning. Seeds will be a lighter weight, toasty brown, and have a bit of a chewy center when done.
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Notes



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.

Prep

- Start to finish: 4 Hours
- Inactive: 3 Hours 45 Minutes
- Bake: 2 Hours

Source: [Chris Mower \(TheCookingDish.com\)](#) (Yield: 2 cups)
