

Pumpkin Seeds: Lemon Picante

This has become my new favorite. It starts out tangy and then hits you with a sweet spiciness. I can't stop munching on these.

Ingredients

For Boiling

- 2 cups water
- 1 tbsp salt
- 2 cups pumpkin seeds, rinsed

The Sauce

- 1 tbsp olive oil
- 2 tbsp Tapatio brand hot sauce
- ½ tsp lemon pepper
- 2 tbsp lemon juice



Method

- 1. Boil Seeds:** Start with pumpkin seeds that have been washed and cleaned. Dissolve salt in boiling water, then add the seeds. Boil for 10 minutes. Drain seeds and lay to dry for ~2 hours on a non-fuzzy kitchen towel (not a paper towel).
- 2. Mix Sauce:** Near the end of the drying period, turn oven on to 250°F and mix the sauce ingredients together in a medium bowl. Add seeds and stir until evenly coated. Place seeds in a non-greased baking sheet.
- 3. Bake Seeds:** Roast the seeds inspecting and stirring every 20 minutes until the seeds are done. This can take up to two hours. Seeds are done when the outside is crunchy and the middle has a slight chew to them. They will be lightly browned and lighter in weight.

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.

Prep

- Prep: 15 Minutes
- Rest: 2 Hours

- Bake: 2 Hours

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