

Roasted Pumpkin or Squash Seeds

1 supervisor, 2-3 kids

Ingredients & Cooking Materials:

- Knife
- Large spoon for scooping
- Colander
- Mixing bowl
- Baking pan
- spatula
- 1-2 squash or pumpkins
- Oil
- Salt
- Spices

Directions:

- Ask everyone to wash their hands
- Preheat oven should to 400°
- Supervisor should cut open the squash or pumpkin.
- Have students scoop seeds and fibers out of squash.
- Wash seeds in a sink with a colander until clean. Dry on paper towels.
- Mix seeds in a bowl with a thin layer of oil and salt
- Lay seeds out on the baking pan
- Bake for about 20 minutes. Open the oven and stir them occasionally until they look crispy but not all brown.