

Smoky Cajun Spiced Pumpkin Seeds

Smoky Cajun Seasoning mix:

- 1 tablespoon Salt
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon white pepper
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon smoked paprika

Roasted Pumpkin Seeds:

- Pumpkin seeds
- Cooking Spray, such as Pam
- 1 teaspoon of butter for every cup of pumpkin seeds
- 1 teaspoon of season for every cup of pumpkin seeds.

Seasoning mix: Mix all ingredients together in a small bowl. Store in an air tight container.

Roasting the seeds: Separate the seeds from the pumpkin flesh, rinse thoroughly in a colander, using your hand to rub off any tenacious pumpkin fibers. Spread out on paper towels to dry (I let them sit out overnight). Preheat oven to 275°F. Spread seeds in a single layer evenly across a rimmed baking sheet, lightly spray seeds with the cooking spray.

Roast seeds for 30 minutes, stirring every 10 minutes or so, until the seeds look light brown. Remove the seeds from the oven, add butter to the pan and stir to coat evenly over the seeds (the butter will melt in the hot pan). Sprinkle Smoky Cajun Seasoning over the top of the seeds and return to the oven, Roast another 10 minutes, stirring half way through or until the seeds turn a nice golden brown.