

ROASTED PUMPKIN SEEDS

Have students scoop out the pulp and seeds from a fresh pumpkin. Instruct them to separate the seeds and place them in a large bowl. With 2 cups of pumpkin seeds, add 2 tablespoons melted butter, 1 tablespoon Worcestershire Sauce and a pinch of salt. Let the children stir the mixture until blended. Spread the seeds onto a greased cookie sheet and sprinkle with salt. Bake at 350 degrees until the seeds are golden brown. Serve a few of the warm seeds to each student on a small paper plate.