

# PUMPKIN SEEDS, FULLY



**THE COOKFUL**

*Edited by Christine Pittmen and Amy Bowen*

# Pumpkin Seeds, Fully

**I**t's that time of year again. Pumpkin time! Last year we went on a pumpkin pie extravaganza and told you all about how to make the best Fall-flavored tarts. We had loads of recipes, tips and how-to's. It was a blast. This year we had to return to that favorite squash but we decided to go inside and focus on the seeds.

I don't know about you but I have so many positive happy associations with pumpkin seeds. As a kid my mom would roast them when we were busily carving our jack-o'-lanterns. It was a fun family time and the smell of pumpkin seeds roasting in the oven instantly brings it back.

In college I held several jack-o'-lantern carving parties. I would invite a group of girlfriends over to let our angsty creative spirits loose on some pumpkins. Ani DiFranco played on the stereo while we wielded knives, sipped on hard cider and crunched on roasted seeds. We were pretty badass, right? Ha!

So you've gotta know that I had a blast putting together this pumpkin seed ebook. You're going to love it too. There are delicious and innovative recipes, a great how-to post and a comparison of pumpkin seed cooking methods. Tons of tasty pumpkin seed in your hands.

Let's get roasty and toasty!

Christine



**THE COOKFUL**

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Edited by Christine Pittman and Amy Bowen. Designed by [Garnishing Co.](#)

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# Pumpkin Seeds Shopping Guide

By Amy Bowen

*You've carved a stellar jack-o'-lantern, now enjoy the best part. The seeds! We rounded up the go-to shopping guide for making the best pumpkin seeds. Happy Halloween!*

There are pumpkin carvers and then there are PUMPKIN CARVERS. Impress your entire block by carving a pumpkin masterpiece. You'll need an **impressive tool set**.

Picture it. You're harvesting pumpkin seeds, while wearing a **jack-o'-lantern T-shirt**. Look at you, you Halloween pro, you.

I'm not a jack-o'-lantern fan. I mean I like looking at them, but digging up pumpkin guts? Noooo thank you. Luckily, I found **raw pumpkin seeds**. So I can make pumpkin seeds hundreds of different ways, without the goo.

# Pumpkin Seeds Shopping Guide

*Continued from previous page*

Cinderella rode to the ball in a magical pumpkin. Now, explore another fairy tale — Amazon has one that focuses on a little girl and her pumpkin seeds.

A **heat-proof spatula** is needed for our upcoming Spiced Maple Pumpkin Seed Brittle. It'll allow you to work with a hot sugar mix, without worrying if you added metal or plastic to the recipe.

I love, love, love **parchment paper**. It'll prevent a sticky, gooey mess with our brittle recipe. All you do is throw it away when you're done. Score.

If you're going to roast pumpkin seeds, you need **a good cookie sheet**.

Get those pumpkin seeds in my tummy. Cool those pumpkin seeds fast by popping your hot cookie sheet onto **a wire cooling rack**.

**CLICK HERE TO SEE OUR FAVORITE  
ITEMS FROM THIS SHOPPING LIST!**



# Three Ways to Make Pumpkin Seeds

*By Maria Siriano*

*Which method produces the best pumpkin seeds? The oven? The stove top? Or the microwave? We investigate all three ways to achieve pumpkin seed perfection.*

Roasted pumpkin seeds are one of the best parts of making jack-o'-lanterns, but waiting for them to come out of the oven can seem like it takes an eternity. We wondered if there was a better way to make our favorite salty fall snack, so we tested out three different methods to see which reigned supreme.

We tested out the traditional oven-roasting and compared it with seeds toasted in a skillet and pumpkin seeds from the microwave. The microwave? Yes. You might remember that we loved the discovery that you can do [DIY microwave popcorn with a regular paper bag](#). That fabulous microwave result made us want to try it out again.



# Pumpkin Seeds Three Ways

*Continued from previous page*

For each method, we used:

3/4 cup clean, dry pumpkin seeds

1 1/2 tsp. oil (we used canola)

1/4 tsp. salt

Of course, you can add spices to your pumpkin seeds to jazz things up, but to keep things scientific here, we stuck with the basics.

## METHOD 1: TRADITIONAL OVEN ROASTING

Preheat the oven to 300°F. Toss the pumpkin seeds with oil and salt, and spread evenly on a baking sheet. Roast in the oven for 35–45 minutes, until golden brown. Place the pan on a wire rack to cool the seeds.

## METHOD 2: STOVETOP

Heat the oil in a large, nonstick skillet over medium heat. Add the pumpkin seeds and toast, stirring frequently, until golden brown and fragrant, 10–15 minutes. Remove the pan from the heat and sprinkle with salt. Cool the seeds in the pan.

## METHOD 3: MICROWAVE

Place the pumpkin seeds on a microwave-safe plate or in a microwave-safe baking dish. Drizzle them with oil and toss to coat. Spread the seeds out evenly. Microwave, uncovered, on high for 2 minutes, then stir. Repeat this process for 6–8 total minutes, until the seeds are golden brown and fragrant. Sprinkle with salt and cool the seeds on the plate.

## THE VERDICT:

As much as we wanted lightning fast roasted pumpkin seeds, slow and steady won the race here. While the stovetop seeds came in as a close second, the oven-roasted seeds had the deepest, most nuanced flavor. Plus, the stovetop seeds had the disadvantage of needing constant monitoring. The microwaved seeds had the weakest flavor, and they required lots of stirring. They also felt drier than both the oven-roasted and stovetop seeds. Sometimes traditions are traditions for a reason!



# Salty Sweet Pumpkin Seeds

*By Christine Pittman*

*You know how salty and sweet just go together? And you know how pumpkin seeds are just the best treat ever? Combine the three and you have the perfect snack.*

This is the ultimate favorite pumpkin seed variation in our house. The sweet flavor comes from brown sugar and the salty comes from Montreal Steak Seasoning.

Montreal Steak Seasoning has salt and pepper, of course, onion and garlic flavors as well as herb notes, usually including rosemary and coriander. It's the perfect blend of savory lightened by the green herb flavors.

Enjoy!



# Salty Sweet Pumpkin Seeds

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Ingredients:**

1 and 1/2 cups pumpkin seeds  
(patted dry of any liquid)  
2 Tbsp. vegetable oil  
2 Tbsp. packed brown sugar  
1 Tbsp. steak seasoning (like  
Montreal Steak Seasoning)

1. Preheat the oven to 300°F. Line a large pan with parchment paper.
2. Add the pumpkin seeds and the oil. Stir to coat them well. Add the brown sugar and steak seasoning. Roast the seeds until they are dry and crisp, 30-40 minutes, stirring once halfway through roasting.
3. Transfer the pan to a cooling rack to cool the seeds before eating. Transfer to a serving bowl or store roasted pumpkin seeds for up to 3 days in an airtight container.



# Sticky Sweet Sriracha Roasted Pumpkin Seeds

*By Christine Pittman*

*Sriracha adds some heat to these pumpkin seeds, while honey adds a touch of sweetness.*

Every person I know, me included, has a bit of a Sriracha obsession. I mean, I even put [Sriracha on popcorn](#). Oh, and [on fried eggs](#). Too good! So you know that when Fall rolled around and I started scheming about pumpkin seeds, Sriracha would have to make its way in there too.

The heat from the Sriracha is balanced by some sweet honey and salty soy sauce. You roast the seeds most of the way plain first and then add the flavor mixture just for a little while at the end.

Crunch Time!

# Sticky Sweet Sriracha Roasted Pumpkin Seeds

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Total Time:** 30 minutes

**Ingredients:**

1 and 1/2 cups pumpkin  
seeds, clean and patted  
dry

2 Tbsp. vegetable oil

1/4 tsp. salt

1 Tbsp. liquid honey

1 Tbsp. sriracha

1 tsp. soy sauce

1. Preheat the oven to 300°F. Line a large pan with parchment paper.
2. Arrange the pumpkin seeds in a single layer on the parchment and toss with oil and salt. Roast until dried and browned, 30–40 minutes.
3. Meanwhile, stir together the honey, sriracha and soy sauce. Toss it with the pumpkin seeds and roast for 10 minutes longer. Cool pan on a cooling rack.



# Pesto Parmesan Pumpkin Seeds

*By Christine Pittman*

*Pesto and Parmesan are always good together. Add pumpkin seeds and it just gets better.*

Pesto is bursting with fresh basil flavor, olive oil, pine nuts and Parmesan cheese. We've added a scoop of that awesomeness to roasted pumpkin seeds, along with some more Parmesan cheese (because we always want more Parm, right?) and the result is the ultimate savory pumpkin seed.

Enjoy!



# Pesto Parmesan Pumpkin Seeds

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Total Time:** 35 minutes

**Ingredients:**

1 and 1/2 cups pumpkin seeds

1 Tbsp. vegetable oil

1/4 tsp. table salt

1/4 cup shredded Parmesan  
cheese

2 Tbsp. prepared basil pesto

1 tsp. coarse sea salt

1/2 tsp. coarse black pepper

1. Preheat the oven to 300°F. Line a large pan with parchment paper.
2. Arrange the pumpkin seeds in a single layer on the parchment and toss with oil and table salt. Roast until dried and browned, 30–40 minutes.
3. In a medium bowl, combine the Parmesan, pesto, sea salt and pepper. Add the pumpkin seeds and stir. Return seeds to pan and roast for 10 minutes longer. Cool pan on a cooling rack.



# Maple Pumpkin Spice Roasted Pumpkin Seeds

*By Christine Pittman*

*Halloween is coming! Halloween is coming! Carve that pumpkin, get out the seeds and make them sweeeet!*

I used to think of pumpkin seeds as a savory treat, but they can be sweet too! These maple pumpkin seeds are sweet and sticky and spiced up deliciously with pumpkin pie spice. They're such a great twist on the classic.

Happy Halloween!

# Maple Pumpkin Spice Roasted Pumpkin Seeds

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Total Time:** 40 minutes

1. Preheat oven to 300°F. Line a large sheet pan with parchment paper.
2. In medium bowl mix together the pumpkin seeds, maple syrup, oil, pie spice and salt. Spread out on the baking sheet. Bake for 30-40 minutes.

**Ingredients:**

1 and 1/2 cups pumpkin seeds  
1/4 cup maple syrup  
1 Tbsp. vegetable oil  
2 tsp. pumpkin pie spice  
1/2 tsp. coarse salt (or 1/4 tsp.  
table salt)



# Birthday Cake Flavored Pumpkin Seeds

*By Christine Pittman*

*Have a Halloween birthday party? Birthday cake pumpkin seeds...heck yes! Just add the balloons and presents.*

My birthday is in the Fall and so Fall flavors and birthday stuff go together. When I was thinking about ways to flavor pumpkin seeds, birthday cake flavored made sense to me.

This is a very simple recipe. To get the birthday cake flavor, toasted seeds are tossed with cake mix powder. Then they go into the oven to roast the flavoring onto the pumpkin seeds. The flavor is intense and sweet and just plain good.

Happy Birthday to me! Ha!



# Birthday Cake Flavored Pumpkin Seeds

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 18 minutes

**Total Time:** 28 minutes

**Ingredients:**

1/2 cup boxed white cake mix

1 and 1/2 cups fresh pumpkin seeds (the amount you'll get from approximately one large pumpkin or from two pie pumpkins)

2 Tbsp. canola oil

1. Preheat oven to 325°F. Line a large baking sheet with parchment paper. Measure the dry cake mix into a medium-sized bowl.
2. Put the pumpkin seeds in a colander and rinse with cold water. Pat them dry with paper towel.
3. Warm the canola oil over medium heat in a large skillet. Add the pumpkin seeds (stand back to avoid oil spatters which can happen if the seeds were not thoroughly dried). Cook stirring occasionally until browned in a lot of spots, 4-5 minutes. Immediately transfer the hot seeds to the bowl of cake mix. Stir until all the seeds are coated in cake mix.
4. Spread the seeds out on the parchment-lined baking sheet in a single layer. Put the baking sheet into the oven and roast the seeds until they're crunchy, 18-22 minutes. Cool the seeds on the baking sheet. Serve at room temperature. Store in an airtight container for up to 4 days.



# Spiced Maple Pumpkin Seed Brittle

*By Maria Siriano*

*Get this delicious recipe for Pumpkin Seed Brittle. Just like Peanut Brittle but made with pumpkin seeds AND maple syrup.*

Move over peanut brittle, fall is here! This pumpkin seed brittle is a great way to make the most of your pumpkin obsession. We upped the fall profile of this crunchy candy with some pumpkin pie spices and maple syrup.

Maple syrup prevents graininess, just like the corn syrup you'll find in many brittle recipes. But the maple adds a depth of flavor you won't get from Karo. Baking soda gives the brittle a bubbly crunch that is the cornerstone of many great brittle recipes.

We opted to stir most of the seeds into the brittle, but reserved some to sprinkle on top for color. Otherwise, you'll just end up with an ugly (but delicious!) brown mass.

# Spiced Maple Pumpkin Seed Brittle

*Continued from previous page*

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

## Ingredients:

1 tsp. canola oil  
1 1/4 cups hulled pumpkin seeds  
1/8 tsp. cloves  
1/8 tsp. ginger  
1/2 tsp. ground cinnamon  
1 cup sugar  
1/2 cup maple syrup  
1/4 cup water  
2 Tbsp. dairy or non-dairy butter  
pinch kosher salt  
3/4 tsp. baking soda

1. Heat oil in a large skillet over medium heat. Add the pumpkin seeds, stir to coat with oil, and gently toast for 2 minutes. You don't want to fully toast the seeds yet, so they shouldn't brown. Remove the pan from the heat, sprinkle in spices, and toss to coat. Set aside.
2. Line a baking sheet with parchment paper and spray with cooking spray.
3. In a large saucepan with a candy thermometer set up, combine sugar, maple syrup, and water. Bring to a boil over medium heat, stirring occasionally. Once the sugar begins to boil, stop stirring. Cook until the sugar reaches 300°F, using a wet pastry brush to wipe down any crystallized sugar from the sides of the pan as needed. When the sugar reaches 300°F, add butter, salt, and 1 cup of the spiced pumpkin seeds (reserve the last 1/4 cup of seeds for topping).
4. Continue to cook until the mixture reaches 310°F. Remove from heat and stir in baking soda. This will cause the mixture to bubble up a bit.
5. Working quickly, pour the syrup onto the greased parchment and spread evenly with a greased, heatproof spatula. Sprinkle with remaining pumpkin seeds while the syrup is still hot, so they stick to the top. Allow to cool for at least 2 hours before breaking into pieces and serving.



## Salad with Pepitas and Pumpkin Dressing

*By Christine Pittman*

*Top your salad with pepitas AND a creamy tangy pumpkin dressing. Soooo perfect for Fall!*

Pepitas add such a good crunch and nutty favor to salads. I thought it would be fun to really bring out their pumpkininess by putting some pumpkin on the salad too. I went with a salad dressing since it seemed so simple to open a can of puree and whip it up. It was simple and really tasty.

It's a sweet and creamy dressing with a bit of tang. And it's got that gorgeous bright orange color that makes this salad exactly the right thing for Fall.



# Salad with Pepitas and Pumpkin Dressing

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Ingredients:**

1 cup pumpkin puree  
1/2 cup mayonnaise  
2 Tbsp. cider vinegar  
3 Tbsp. maple syrup  
1/2 tsp. cinnamon  
1/2 tsp. salt  
1/8 tsp. cayenne pepper  
1-2 Tbsp. water  
8 cups arugula leaves  
2 Tbsp. dried cranberries  
2 Tbsp. store-bought roasted  
and salted pepitas

1. Measure the pumpkin, mayonnaise, vinegar, syrup, cinnamon, salt and cayenne into a blender. Pulse. Drizzle in enough water so that it blends together well and thins to the thickness of a ranch dressing.
2. Divide the arugula between 4 salad plates. Top with the cranberries and pepitas. Drizzle each salad with 2 tablespoons of dressing. Cover and refrigerate remaining dressing for 3-4 days.

# What's the Difference Between Pepitas and Pumpkin Seeds?

By Amy Bowen

*A pumpkin seed is a pumpkin seed is a pumpkin seed, right? Well, kind of. We investigate whether pepita is just a cooler way of saying pumpkin seed or if it's something different.*

We have a simple question. Are pepitas just pumpkin seeds? Or are they something entirely different? Let's answer this pressing culinary question.

Technically, yes pepitas and pumpkin seeds are the same thing. But pepitas (which mean "little seeds of squash" in Spanish) don't have a shell and are found in only select pumpkin varieties.

Generally, the seeds you dig out of your jack-o'-lanterns are just plain old pumpkin seeds with shells and all. If you felt adventurous and tried to shuck them you'd find a small seed, or pepita, inside. But why would you do that? You have better things to do, like eat the seeds.

You can instead try growing some of the pumpkin varieties that have shell-less seeds. They have cool names like Lady Godiva Pumpkin, Austria Oil Seed Pumpkin, Gleisdorfer Naked Seeded Pumpkin and Kakai Hulless Pumpkin. But if you're like me, I can never ever get anything to grow. So this isn't an option.

Thank goodness lots of grocery stores sell pepitas. These babies you can eat them by the handful without doing any work. You can purchase already roasted pepitas or you can buy raw and roast them yourself. Once roasted they're a delicious snack or crunchy topping for all kinds of recipes. Here's a very delicious salad that uses them along with an easy delicious pumpkin dressing.

# 10 Awesome Ways to Use Pumpkin Seeds

By Amy Bowen

*Sure, you snack on pumpkin seeds by the handful, but pumpkin seeds can be used in other ways too. We gathered 10 amazing ways to incorporate pumpkin seeds into your kitchen.*

## 1. TOP YOUR SALAD

I need some crunch on my salad. Pumpkin seeds are a perfect addition. They add texture and a delicious nutty flavor. Plus doctors love 'em. Pumpkin seeds help with heart and liver health, just to name a few benefits. Here's a great salad with pepitas (store-bought shelled pumpkin seeds).

## 2. THROW SOME IN A SMOOTHIE

This is a great way to gain all the amazing health benefits of pumpkin seeds. You can use raw seeds (which makes it even easier, yay!). I used the seeds in a strawberry smoothie. I couldn't even taste them.

## 3. MAKE BREAD

Why not introduce pumpkin seeds to your favorite breads? You can replace any seeds or nuts in a bread recipe with pumpkin seeds. I've tried it in a multi-grain bread with great results.

## 4. TRY THEM IN PESTO

Creative pesto dishes are huge on restaurant menus. Whole Foods gives its take with pumpkin seeds, cilantro and garlic. Yum! Spread it on sandwiches. Top crackers. Eat it with a spoon. We won't judge.

## 5. MIX IN GRANOLA OR TRAIL MIX

Granola and trail mix are a perfect afternoon snack. Add some pumpkin seeds to your favorite dried fruit instead or as well as nuts.

# 10 Ways to Use Pumpkin Seeds

*Continued from previous page*

## 6. MAKE SOUPS PRETTY

I love making pumpkin or squash soups. How to make it even more special? Roasted pumpkin seeds sprinkled on top. Not only did it add a sophisticated element to the presentation, but it added a bit of crunch. My stomach is growling right now.

## 7. ADD PUMPKIN SEEDS TO YOUR CHEESE PLATE

Here's a idea to bring autumn to your cheese and fruit plate. Top a wheel of brie with pumpkin seeds. Serve with sliced pears, dried apricots and figs.

## 8. TRY MAKING PUMPKIN SEED BUTTER

You've tried almond butter, sunflower seed butter and all other kinds of nut butters. Now try pumpkin seed butter. Try this recipe.

## 9. MAKE COOKIES

Pumpkin seeds work with sweet flavors. Add a bit of nuttiness to cookies. I've seen it used in cookies with flavors such as apricot and chocolate.

## 10. BREAKFAST BONANZA

Go ahead and add pumpkin seeds to your breakfast. Sprinkled them into your cereal or on top of your yogurt. You can even add them to pancake batters.



# 101 Recipes Using Pumpkin Seeds

By Nicole Johnson

*These amazing pumpkin seed recipes are going to have you buying extra pumpkins just so you have enough. From desserts to salads, you can't go wrong with this incredibly diverse ingredient.*

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# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## **Amy Bowen, editor**

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



## **Christine Pittman, editor**

» [cookthestory.com](http://cookthestory.com)

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## **Nicole Johnson**

» [orwhateveryoudo.com](http://orwhateveryoudo.com)

Nicole has been blogging for 5 years at orwhateveryoudo.com, when not chasing her 7 kids around or working full time for Mediavine. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



## **Maria Siriano**

» [siftandwhisk.com](http://siftandwhisk.com)

Somewhere among the towers of batter-smeared mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, [Sift & Whisk](http://Sift & Whisk). Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.



# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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