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*If Veterans don't help Veterans, who will?*

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## Roasted Pumpkin Seeds

- 1 Quart water
- 2 Tbsp salt
- 2 Cups pumpkin seeds
- 1 Tbsp vegetable oil or melted, unsalted butter

- 1) Preheat oven to 250F.
- 2) Pick through seeds and remove any cut seeds.
- 3) Remove as much of the stringy fibers as possible.
- 4) Bring the water and salt to a boil.
- 5) Add the seeds and boil for 10 minutes.
- 6) Drain, spread on kitchen towel or paper towel and pat dry.
- 7) Place the seeds in a bowl and toss with oil or melted butter.
- 8) Spread evenly on a large cookie sheet or roasting pan.
- 9) Place pan in a preheated oven and roast the seeds for 30 to 40 minutes.
- 10) Stir about every 10 minutes, until crisp and golden brown.
- 11) Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.