

Roasted Pumpkin Seed Flavor Variations

- **Savory:** chili powder, garlic salt, paprika, Worcestershire sauce, cumin, cayenne pepper, ranch dressing mix, Tajin, curry powder
- **Sweet:** maple syrup, honey, pumpkin pie spice, brown sugar, cinnamon

Some struggle with digesting unsoaked nuts and seeds. If that's you, and you find that pumpkin seeds cause digestive issues, make sure you soak or boil your pumpkin seeds before cooking.

- **Soak pumpkin seeds:** Soak the clean pumpkin seeds in a quart of filtered water mixed with 1 tablespoon of salt for at least eight hours or overnight at room temperature. Remove from the water, towel dry, and then roast as directed—you may need to add 5-10 minutes worth of cooking time to get properly crunchy pumpkin seeds.
- **Boil pumpkin seeds:** Speed up the process by instead boiling pumpkin seeds in salted filtered water. Bring a saucepan of filtered water (1 tablespoon salt per quart of water) to a rolling boil, and then add the cleaned pumpkin seeds and boil for 10 minutes. Remove from the water, towel dry, and then roast as directed—you may need to add 5-10 minutes worth of cooking time to get properly crunchy pumpkin seeds.

Traditional Pumpkin Seeds

- 2 cups pumpkin seeds, washed
- 1 tablespoon olive oil
- 1/2 tsp salt, more or less to taste
- 1/2 freshly ground pepper – peppercorn is also great to use

DIRECTIONS

1. Preheat oven to 300°F.
 2. Line cookie sheet with foil or parchment paper.
 3. Combine all ingredients and spread in a single layer on prepared sheet pan.
 4. Bake for 20 minutes, mixing seed mixture after 10 minutes.
 5. Seeds should be golden and crunchy. Bake longer if needed
- **Store in an air tight container for up to 3 months.**

Spinach and Pear Salad

★★★★★ 5 from 4 reviews

Ripe pears add great fruit flavor to a basic spinach salad. We add a touch of spice to the simple dressing for a salad that might steal the show at your dinner table!

Author: [Cooking Chat](#)

Total Time: 5 minutes

Method: salad

Prep Time: 5 mins

Yield: 3 servings

Cuisine: American

Category: salad



INGREDIENTS

SCALE

For the vinaigrette

- 2 tbsp extra virgin olive oil
- 1 tsp honey
- 2 tsp champagne vinegar
- 1/2 tsp garam masala spice blend

Other salad ingredients

- 4 cups baby spinach
- 1 ripe pear, thinly sliced into bite sized pieces
- 2 to 3 tbsp shredded Gruyere cheese
- 2 tbsp pumpkin seeds, lightly toasted

INSTRUCTIONS

1. **Make the vinaigrette dressing:** combine the olive oil, honey, vinegar and garam masala in a bowl. Set aside.
2. Place the spinach in a large salad bowl.
3. Spoon the vinaigrette over the spinach. Toss to coat the spinach thoroughly with the dressing.
4. Spread the pear slices over the top of the spinach. Sprinkle the pumpkin seeds and shredded Gruyere cheese over the top of the salad, and serve.



Thank you for your interest in USA Pears Recipes. Find more at <https://usapears.org/recipe/>



PUMPKIN AND PEAR PUREED SOUP

20

Prep Time

25

Cook Time

4-6

Servings

This soup, created by registered dietitian and blogger [Holly Larson](#), is a great way to amp up your fruit and vegetable intake during the chilly winter months. It's perfect for everyone from coworkers to children!

INGREDIENTS

- 2 cups cubed pumpkin, raw or roasted (or butternut squash, or 1 15-oz can pumpkin puree)
- 2 tablespoons olive or canola oil
- 1 red bell pepper, diced
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 medium USA Pears, cored and cubed (no need to peel)
- 2-4 cups low-sodium chicken or vegetable stock
- Salt and pepper, to taste
- Mrs. Dash Extra Spicy Blend (or crushed red pepper)
- 1 cup fat-free plain Greek yogurt

DIRECTIONS

Air Fryer Pears

Sweet, soft, caramel-ly, incredibly delicious air fryer pears! Transform your ripe pears into a healthy dessert the entire family will love.

Prep Time	Cook Time	Total Time
5 mins	8 mins	13 mins



Course: Breakfast, Dessert Cuisine: Not Specified Servings: 2
Calories: 156kcal Author: Rosa

★★★★★
5 from 4 votes

Equipment

- Ninja Foodi Air Fryer

Ingredients

- 2 Bartlett pears ripe
- 1.5 tablespoons maple syrup
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg

Optional Toppings

- granola
- coconut flakes
- chopped pecans or walnuts

Instructions

1. Wash and peel your pears. (Or you may leave the skins on if preferred.) Then cut them into quarters, scrape seeds and remove the core. Place in a small mixing bowl.
2. Add the maple syrup, cinnamon, and nutmeg on top and mix gently, until evenly coated.
3. Spoon the coated pears in a single layer in your basket and air fry at 380 degrees F (190 C) for 8-12 minutes until golden and caramelized. Do not dump!
4. Carefully remove the pears from your basket and serve topped with granola, coconut flakes, and chopped pecans or walnuts. Enjoy.

Notes

Use pears that are ripe for the sweetest, juiciest results.

Try and cut your pear slices into equal size pieces for even cooking. If some pieces are larger, they won't be as soft, although, still delicious.

Don't dump the pears into your basket. Spoon them into your basket carefully to prevent breaking and arrange them in a single layer. If you have leftover marinade in the bottom of the bowl, reserve it to glaze over your pears once cooked.

In the unlikely event you have leftovers, place them in a sealed container in your refrigerator for 2-3 days.

Nutrition

Calories: 156kcal | Carbohydrates: 38g | Protein: 1g | Fat: 1g | Sodium: 3mg | Potassium: 218mg | Fiber: 6g | Sugar: 26g | Vitamin A: 53IU | Vitamin C: 8mg | Calcium: 43mg | Iron: 1mg

