

Roasted Garlic Pumpkin Seeds

Preheat oven to 350°F

Yield: 12 servings

1 whole	bulb of garlic
1 tsp	olive oil
1/4 cup	unsalted butter, melted
1/4 cup	olive oil
1 tsp	sea salt
2 tbsp	parsley chopped
4 cups	pumpkin seeds, fresh, cleaned and dried

1. Cut off the stem of the garlic bulbs so that the garlic shows about 1/8 of an inch. Do not peel the garlic. Place in a piece of foil, drizzle a little oil on top. Sprinkle with salt. Completely wrap the garlic. Place in oven and bake for 60 minutes. Cool.
2. When the garlic is cool, squeeze the garlic puree out into a large bowl. Add butter and oil. Blend to coat the pumpkin seeds fully. Sprinkle with the fresh parsley.
3. Place onto a baking sheet in a 350°F oven and bake for 15-20 minutes or until the seeds are golden brown.