

HONEY ROASTED PUMPKIN

Portion: 1 cup Yields: 6



INGREDIENTS:

2 lb, 8 oz Pumpkin, Fresh, Cubed

1/2 oz Light Brown Sugar

1 - 1/2 tbsp Canola Oil

1 oz Honey

METHOD:

Mix oil, sugar and honey together and toss with diced pumpkin. Roast in 350F degree oven until pumpkin is cooked through, stirring a few times until lightly caramelized, about 30 minutes.

CHEF'S NOTES:

This recipe uses fresh, peeled, seeded pumpkin. Other winter squash such as butternut or acorn can be used as well.

CALORIES (kcal): 100

PROTEIN (g): 2

CARBOHYDRATE (g): 18

TOTAL FAT (g): 3.5

SODIUM (mg): 0

SAT FAT (g): 0

DIETARY FIBER (g): less than 1