



# ROASTED PUMPKIN WEDGES

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

If you're looking for a special recipe to enjoy this Fall season, you will really love these easy pumpkin wedges! You actually leave the peel on the pumpkin, which makes preparation a breeze. They soften very nicely in the oven. The flavor is very close to butternut squash or a roasted sweet potato, depending on the sweetness of your pumpkin. The small to medium-sized pie pumpkins are best for this recipe. They taste great with just oil, salt and pepper, but can also be enjoyed with cinnamon and cloves for more Fall flavor.

Makes 4-6 servings. One serving is one cup and covers your vegetable for one meal.



## INGREDIENTS

1 small/medium pumpkin  
2 tbsp avocado oil  
Pink Himalayan salt & black pepper, to taste  
Optional: 1 tsp cinnamon & ¼ tsp round clove



## INSTRUCTIONS

Preheat oven to 400° and line a large baking sheet with parchment paper.

To prepare the pumpkin, take a thin slice off the bottom and top to create two flat surfaces. Cut the pumpkin in half and scoop out the seeds. Cut the pumpkin halves into 1/2-inch wedges from top to bottom.

Place pumpkin in a bowl and sprinkle with oil, salt & pepper and toss. Arrange wedges onto the baking sheet. Roast 18-20 minutes, or until tender. Enjoy!