



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **PUMPKIN WEDGES WITH SAGE**

**WHOLELIVING.COM**

### **SERVES 4**

- ◆ When roasted pumpkin is tender but not completely soft, after 30 minutes, remove from oven. Turn over to broil.
- ◆ Cut pumpkin into 2-inches wedges; poke fresh sage leaves into flesh.
- ◆ Drizzle with 1 tablespoon extra-virgin olive oil and season with kosher salt and pepper.
- ◆ Broil until wedges are sizzling and sage is crisped, about 6 minutes.
- ◆ Serve drizzled with additional oil, if desired.

**PER SERVING: 171 Calories; 2 g saturated fat; 9 g unsaturated fat; 0 mg cholesterol; 20 g carb; 144 mg sodium; 3 g protein; 4 g fiber**