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Prevent and Protect
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PUMPKIN WEDGES WITH SAGE

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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