



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

ROASTED PUMPKIN

McCORMICK – SPICES FOR HEALTH

SERVES 2

Preheat Oven to 400.

1. Cut 1 small pumpkin (such as sugar) in half, scrape out seeds
2. Drizzle pumpkin with 2 tablespoons of extra-virgin olive oil
3. Season with $\frac{3}{4}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of black pepper (omit pepper if using with sweet dishes).
4. Place pumpkin cut-side down on a baking sheet.
5. Roast until very soft, about 35-40 minutes

PER SERVING: 277 Calories; 2 g saturated fat; 11 g unsaturated fat; 0 mg cholesterol; 39 g carb; 438 mg sodium; 6 g protein; 9 g fiber



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

ROASTED PUMPKIN

McCORMICK – SPICES FOR HEALTH

SERVES 2

Preheat Oven to 400.

1. Cut 1 small pumpkin (such as sugar) in half, scrape out seeds
2. Drizzle pumpkin with 2 tablespoons of extra-virgin olive oil
3. Season with $\frac{3}{4}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of black pepper (omit pepper if using with sweet dishes).
4. Place pumpkin cut-side down on a baking sheet.
5. Roast until very soft, about 35-40 minutes

PER SERVING: 277 Calories; 2 g saturated fat; 11 g unsaturated fat; 0 mg cholesterol; 39 g carb; 438 mg sodium; 6 g protein; 9 g fiber