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ROASTED PUMPKIN

SERVINGS: 50 CALORIES: 80 KCAL

Roasting pumpkin is wonderful way to create lightly caramelized squash that is a delicious seasonal side dish.

INGREDIENTS

25 pounds Pumpkin, whole, fresh
 1 cup Oil
 2 teaspoons Garlic, granulated
 1 teaspoons Salt, kosher
 ½ teaspoon Black pepper, ground
 1 teaspoon Onion, granulated
 2 teaspoons Cumin, ground
 1 teaspoon Coriander, ground
 2 teaspoons Paprika, smoked
 1 teaspoon Turmeric, ground

INSTRUCTIONS

1. Prepare pumpkin (method 1, 2, or 3)

METHOD 1

1. Seed, roast, dice, roast pumpkins again. Set aside seeds for later for later applications.
 - The easiest way to peel a pumpkin is to cut the pumpkin open carefully through its center/horizontally.
 - Scoop out seeds.
 - Place pumpkins onto a parchment lined sheet pan open side down. Roast at 400 degrees F Convection for 15 minutes.
 - Remove from oven and allow to cool to touch. The goal is to NOT cook the pumpkin more than halfway done in this method. The goal is to roast it long enough to enable the skin to release from the flesh.
 - Once cool to touch, turn over pumpkin halves and peel the skin from the flesh then proceed to next step

METHOD2

1. Peel, seed, dice, roast pumpkins. Set aside seeds for later for later applications.
 - Turn pumpkin onto its side and slice through the middle of the pumpkin horizontally.
 - Scoop out seeds.
 - With flat side down on cutting board surface, use a sharp knife and following the round of the pumpkin shape, slice the skin off the pumpkin taking care not to remove too much of the flesh.
 - Cut the pumpkin into dices.

METHOD 3

1. Quarter, seed, roast pumpkin. Set aside seeds for later for later applications.
 - Cut the washed pumpkin into quarters.
 - Scoop out seeds.
 - Slice the pumpkin into ¾ inch slices

AFTER COMPLETING PUMPKIN PREP USING METHOD 1, 2, OR 3 PROCEED TO NEXT STEPS:

1. Toss the pumpkin in oil.
2. Combine the seasonings.
3. Add seasonings to the pumpkin and toss well.
4. Spread seasoned pumpkin pieces on a parchment-lined sheet tray making sure that pieces are single layered.
5. Roast at 350 °F (convection) for approximately 25 minutes until all pieces are cooked thoroughly and lightly caramelized.

RECIPE NOTES

Crediting: # 8 scoop provides ½ cup vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 80 kcal | Fat: 4.5 g | Sodium: 45 mg | Carbohydrates: 11 g | Fiber: 3 g | Sugar: 2 g | Protein: 1 g | Calcium: 44 % | Iron: 1 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 50690

