

Roasted Pumpkin

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4-1/2 teaspoon garlic powder
- 1/2 cup bread crumbs
- 1 medium pumpkin or winter squash, seeds removed, cut into inch chunks.

Directions:

1. Preheat the oven to 400° F.
2. Mix bread crumbs, salt, pepper, and garlic. In a large bowl, combine the oil and squash. Toss to coat. Roll or toss squash pieces in seasoned bread crumbs.
3. Place on a rimmed baking sheet and bake until tender, about 30 minutes, depending on the size of the chunks of squash.

Nutrition Facts

Serving Size 1/2 cup (100g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g

Vitamin A 130% • Vitamin C 15%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 1/2 cup each

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>