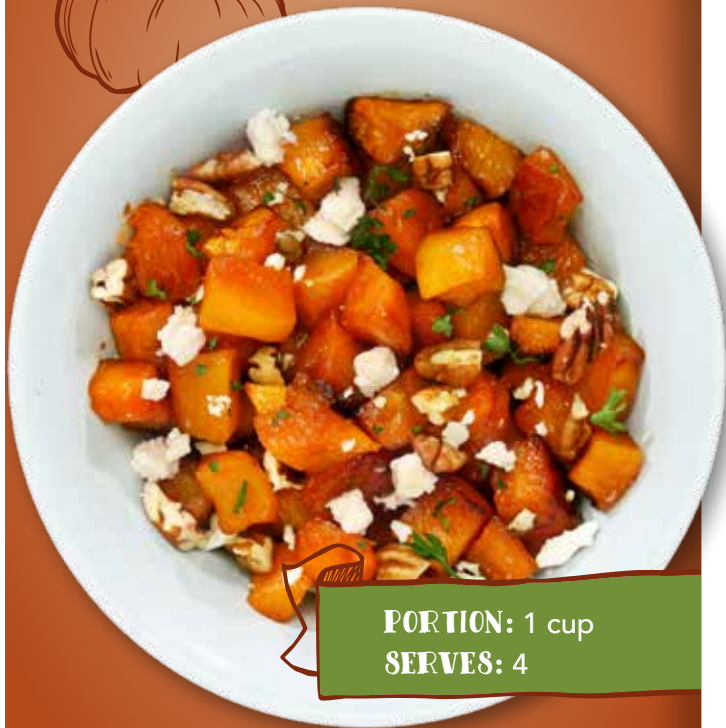


# HONEY ROASTED Pumpkin WITH FETA



**PORTION:** 1 cup  
**SERVES:** 4

SUPERFOOD

## INGREDIENTS

- 2lb Pumpkin, Fresh, Cubed
- 1 Tbsp Canola Oil
- 3/4 Tbsp Light Brown Sugar
- 1 Tbsp Honey
- 4 tsp Pecan Halves, Chopped
- 2 Tbsp Feta Cheese, Crumbled

## METHOD

1. Mix oil, brown sugar and honey together. Toss with diced pumpkin. Roast in 350F degree oven until pumpkin is cooked through and lightly caramelized, about 20 to 30 minutes. Allow to cool completely before adding the cheese.
2. Toast the pecans in a 350F oven for 5-7 minutes until they become fragrant and brown slightly. Remove from the oven and allow to cool. Top the roasted pumpkin with the crumbled feta and pecans.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
140	6g	1g	21g	3g	1g	35mg