

Pumpkin Wedges Roasted with Maple Syrup

By Kathy Gunst

Take 1 small cooking pumpkin and cut in half. Pull the pumpkin seeds from inside the pumpkin and rinse them in a colander. Remove any pulp or strings from the seeds and rinse again. Blot the seeds dry.

Cut the pumpkin in to 1 ½-inch wedges, with the skin on. Place on a shallow roasting pan or cookie sheet with edges, flesh side up and skin side down.

Drizzle the pumpkin slices with maple syrup (about 3 tablespoons for a 4 pound pumpkin) and season with salt and pepper. You could also add 2 tablespoons chopped fresh sage, thyme or rosemary and a drizzle of olive oil.

Add about 1/3 cup water to bottom of the pan and roast at 400 degrees for about 25 minutes, or until tender when tested with a small sharp knife. Serve hot.

Serves: 4