



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Cinnamon Baked Pumpkin

Ingredients:

- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 pounds pumpkin, peeled, seeded, and cut into 2 1/2- to 3-inch pieces (each about 1/4 inch thick)
- 2 tablespoons peanut oil

Directions:

1. Preheat oven to 325°F.
2. In a small bowl, stir together brown sugar, cinnamon, and salt; set aside. In a 3-quart rectangular baking dish, toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin.
3. Bake, covered, for 40 minutes. Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender.

Serves 10

*Nutrition: 106 calories, 0 g fat,
20 g carbohydrate, 1 g protein,
169 mg sodium*

Source: Everyday Health



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