Carol’s Sweet or Savory Pumpkin

It’s officially fall, so I thought it would be fun to jump into the kitchen with a pumpkin! This year I decided to try roasting pumpkin, because I’ve always had it as a dessert, but never a side dish. Turns out, it’s super easy to roast and you can do just about anything with it! I made a sweet version, but also made a savory version with chili powder. I think the savory is our favorite!

My husband Andrew, who doesn’t love pumpkin anything... (I mean to the point of loving and living by all the memes that say the only way to enjoy pumpkin spice is to throw it away!) said “Wow, not bad!” That was a huge win at my house! :)

By the way, save the seeds! We’ll be roasting them next time we get together, for a super fun and crunchy fall snack!

Let’s get roasting together...

**Ingredients:**

* 1 Small Pumpkin
* 2 - 3 Tbsp Olive Oil

**For Savory (half small pumpkin) -**

* 1/2 Tbsp Chili Powder
* 1 Tsp Sea Salt

**For Sweet (half small pumpkin) -**

* 2 Tbsp Brown Sugar
* 1 Tsp Pumpkin Pie Spice

**How to Make:**

* Preheat oven to 400 degrees Fahrenheit
* Cut bottom and top off pumpkin.
* Clean out middle of pumpkin. Save those seeds to roast later! Don’t worry about getting all the threads out. They will be easy to remove in the next step.
* Slice pumpkin in half and then into one inch slices. Leave skin on, makes it easier to roast and serve.
* Place half in bowl with 1.5 tbsp of olive oil.
* Sprinkle chili powder and sea salt over pumpkin and shake to mix together.
* Repeat steps by placing other half of pumpkin slices in a bowl with 1.5 tbsp of olive oil, but this time add brown sugar and pumpkin pie spice. Place lid on bowl and shake together.
* Lay out pumpkin slices on a baking sheet, making sure to keep sweet and savory separated.
* Bake for 15-20 minutes until pumpkin is soft when touched with a fork.
* Serve hot and enjoy! :)

Tyler was so impressed with the sweet one and can’t wait to try it with her girls! We even got Producer Sierra to try it... it’s a vegetable and she tried it! We’d love to see pictures of your family enjoying these recipes! Share them with us on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings)!

Carol Ellingson
Z88.3’s Resident Foodie
Originally posted on **Carolbake.com**