

PUMPKIN SIDE DISH



INGREDIENTS

- 1 pumpkin or squash of your choice
- 1 teaspoon vegetable or olive oil

METHOD

1. Wash the pumpkin or squash.
2. Empty pumpkin or squash of its seeds (Keep seeds aside in a bowl to make pumpkin seeds later).
3. Cut pumpkin or squash in cubes or slices (You can remove skin before or after cooking).
4. Place cubes or slices on a baking sheet.
5. Add oil. Mix.
6. Cook in the oven at 350°C until tender (about 20 to 30 minutes).

TIPS

- Add seasoning of your choice to vary the flavor. For example, you could add a pinch of onion or garlic powder to the mix.

