

## Herb Parmesan Pumpkin Sticks

*Yield: Approximately 80 pieces*

### Ingredients

- 1 each Pie Pumpkin (4-5 Lbs.)
- 1 Oz. Extra Virgin Olive Oil
- ¼ Tsp. Salt
- ¼ Tsp. Black Pepper, ground
- ¼ Tsp. Italian Seasoning
- ¼ Tsp. Dried Basil
- ¼ Cup Grated Parmesan Cheese, packed (1.2 ounces)



### Instructions

1. Cut the pumpkin in quarters from the top. Peel each quarter.
2. Carefully scoop out the seeds. Get as much of the membranes out without scraping the meat.
3. Cut the ends off each quarter and cut the remaining piece in half. Cut the pieces into sticks.
4. In a large bowl, mix the rest of the ingredients and gently toss with the pumpkin pieces.
5. Spread the pumpkin on a large paper-lined sheet pans. Do not crowd the pan; we are roasting, not steaming.
6. Bake the pumpkin in a pre-heated 350° oven for 7 – 10 minutes. Turn and bake an additional 7-10 minutes.
7. When the pumpkin is ready, it will be sizzling, the cheese and edges will be lightly browned, and the pumpkin will have no resistance when tested with a toothpick or bamboo skewer. If the pumpkin seems too dry at any point, add more oil even after it is in the oven.

*Recipe developed and approved for sharing by Chef Helen Duran, culinary training, Coppell ISD.*

**Looking for more menu ideas?**

Contact us at [info@proteamadvisors.com](mailto:info@proteamadvisors.com) | (844) 662-3767 ext. 101

[proteamadvisors.com](http://proteamadvisors.com)