

Caramelized Pumpkin and Gorgonzola Salad

READY IN



45 min.

SERVINGS



4

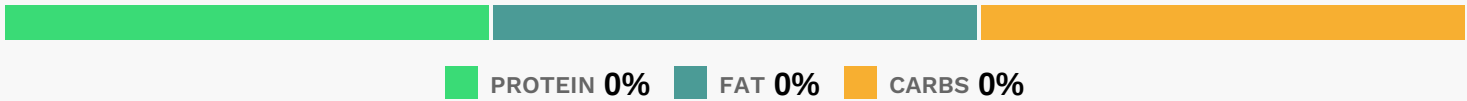
Directions

- ☐ Roast the pumpkin in a preheated 350F oven on a baking sheet for 20 minutes.
- ☐ Cut the pumpkin in half, scoop out the seeds and cut each half into 4 wedges.
- ☐ Brush the wedges with oil, place them on their side on a baking sheet and roast for 15 minutes. Flip and repeat on the other side.
- ☐ Brush the pumpkin flesh with the honey and season with salt and pepper.
- ☐ Broil the wedges, flesh side up until it starts to caramelize, about 2-3 minutes.
- ☐ Melt the butter in a pan.
- ☐ Add the sage and fry until it is light and crispy then set it aside.
- ☐ Toss the salad greens in the vinaigrette and divide between 4 plates.

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Add 2 wedges of caramelized pumpkin to each plate and sprinkle with walnuts, gorgonzola and fried sage.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)