

Roasted Pumpkin

Nachos

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 6

Prep: 40 minutes | **Cook:** 10 minutes

INGREDIENTS

- 4 cups diced pumpkin (about 1 pound)
- 2 tablespoons olive oil
- 1 package corn tortilla chips
- 1 can (15 ounces) black beans, rinsed and drained
- 1 jar (16 ounces) salsa
- 3 cups Mexican cheese blend, shredded
- Salt and pepper to taste
- 1/4 cup cilantro, minced (optional topping)

DIRECTIONS

1. Preheat oven to 400°F. Place diced pumpkin on a greased baking pan. Drizzle with oil, sprinkle with salt and pepper, and toss to coat.
2. Roast until tender, 25-30 minutes, stirring occasionally.
3. Reduce oven temperature to 350°F. On a greased baking pan, layer half each of chips, beans, pumpkin, salsa and cheese. Repeat these layers.
4. Bake until cheese is melted, 8-10 minutes.
5. Add any additional desired toppings and serve.



Nutrition Information	
<i>Serving Size: 1/6 of recipe</i>	
Calories	347
Total fat	18 g
Saturated Fat	6 g
Cholesterol	25 mg
Sodium	559 mg
Carbohydrates	36 g
Fiber	4 g
Sugars	3 g
Protein	10 g

Recipe adapted from: Taste of Home