

Baked Parmesan Pumpkin Fries

Prep Time: 20 minutes
Cook Time: 15 minutes
Servings: 4
Storage: 5 days
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Savory pumpkin? You bet! These Baked Parmesan Pumpkin Fries are sweet, salty, and healthy.

Ingredients

- 1 small pie pumpkin
- 2 teaspoons cornstarch
- 2 teaspoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 3 TBSP grated Parmesan cheese
- ¼ cup minced fresh parsley
- ½ teaspoon coarse sea salt

Instructions

Using a sharp knife, slice the pumpkin in half. Scoop out the seeds and pulp (reserve the seeds for roasting).

Slice the two ends from each half of pumpkin. Then slice each half in half again. Using a sharp vegetable peeler, peel the pumpkin pieces. Then slice the peeled pieces into 1/4" fries. Place the pumpkin fries in a large bowl and cover with cold water. Let the fries soak for at least 30 minutes, but preferably overnight.

When fries are finished soaking, preheat the oven to 425°. Line two or more baking sheets with parchment paper. Set aside. Drain the fries, and then pat dry with paper towels.

Fill a large zip-top bag with the dried fries, and then top with cornstarch. Close the bag and shake to cover the fries.

Place the fries in a large bowl, drizzle with the olive oil and then toss to coat with your hands. Sprinkle on the paprika and garlic powder and toss again until well-coated. Spread fries in a single layer on the prepared baking sheets. Bake in preheated oven for 10-15 minutes, flipping once halfway through, until the fries are crisp and golden brown.

While the fries are baking, toss together the cheese, parsley, and sea salt. As soon as the fries come out of the oven, sprinkle on the Parmesan mixture.

Adapted *Wholefully recipe*

CC's S.O.U.L. Food
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