

Pumpkin Fries and Spicy Cheese Dip



1 small pumpkin
2 tsp garlic powder
1/4 tsp cayenne powder
1 tsp onion powder
1 tbsp olive oil

1 tbsp unsalted butter
1 tbsp flour
3/4 c heavy cream
1 cup gruyere cheese, grated
1 tbsp jalapeno, chopped into small pieces
3 cherry tomatoes, chopped into small pieces

Directions

Preheat oven to 350 degrees.
Cut pumpkin in half, remove seeds. Peel pumpkin and cut into strips.
Combine garlic, cayenne and onion powder. Coat pumpkin in olive oil and then seasoning mixture. Place on sheet pan covered with parchment paper. Bake for 20-25 minutes. Remove and cool slightly.
Melt butter in a medium saucepan, add flour, whisk and cook for 30 seconds, then add cream. Continue to whisk until mixture thickens. Add cheese and whisk until completely melted. Remove from heat, stir in tomato and jalapeno. Enjoy!

Nutritional Information

Calories per serving 105
Total Fat 7g
Saturated Fat 3g
Cholesterol 14mg
Sodium 1026mg
Total Carbohydrates 6g
Dietary Fiber 1g
Protein 5g

Servings 6