



Pumpkin Fries

Ingredients

- **1 cooking pumpkin (approximately 4 cups flesh)**
- **1 teaspoon curry powder**
- **1 teaspoon garlic powder**
- **1/2 teaspoon onion powder**
- **1/4 teaspoon cayenne pepper**
- **1 tablespoon extra virgin olive oil**

Sweet Fries Add 1 teaspoons pumpkin spice (no sugar)

1 Tablespoon Vermont Maple Balsamic Condimento

Instructions

- Preheat oven to 350 degrees.
- Cut the pumpkins in half, lengthwise, and remove all seeds.
- Use a potato peeler to remove pumpkin skins.
- Using a very sharp knife, cut pumpkins into 1/4 - 1/2 inch thick strips to resemble french fries
- Using the spice mix of your choice, coat the pumpkin strips.
- If using the savory mix, put the fries in a bowl with the olive oil and add 1 Tablespoon of the savory mix. Toss by hand until well coated.
- If using the sweet spice mixture, put the pumpkin slices in a bowl, sprinkle on the spices, then add the Vermont Maple Balsamic Condimento and, using your hand, toss until the pumpkin is coated with both spices and syrup.
- Arrange the fries, single layered, on a cookie sheet lined with parchment paper
- Bake for 30 minutes or until pumpkin is soft.

