

Crusted Pumpkin Wedges with Sour Cream

Prepared by Jeannie Gregg

Ingredients

- 1 1/2 lb pumpkin or squash (skin on)
- 1/2 c grated parmesan
- 3 Tbsp dried bread crumbs
- 6 Tbsp finely chopped parsley
- 2 1/2 tsp finely chopped thyme
- Grated zest of 2 large lemons
- 2 garlic cloves, crushed
- Salt and white pepper
- 1/4 c olive oil
- 1/2 c sour cream
- 1 Tbsp chopped dill

Directions

1. Preheat the oven to 375 degrees. Cut the pumpkin into 3/8 inch thick slices and lay them flat, cut side down, on a baking sheet that has been lined with parchment paper.
2. Mix together in a small bowl the Parmesan, bread crumbs, parsley, thyme, half the lemon zest, the garlic, a tiny amount of salt, and some pepper.
3. Brush the pumpkin generously with olive oil and sprinkle with the crust mix, making sure the slices are covered with a nice, thick coating. Gently pat the mix down.
4. Place the pan in the oven and roast for about 30 minutes or until the pumpkin is tender; stick a little knife in one wedge to make sure it has softened and is cooked through. If the topping starts to darken too much during cooking, cover loosely with foil.
5. Mix the sour cream with the dill and some salt and pepper. serve the wedges warm, sprinkled with the remaining lemon zest, with the sour cream on the side

