



Browned Pumpkin with Maple and Sage



INGREDIENTS

- 1 lb Pumpkin
- 1/4 cup chopped Shallots
- 1 tbsp Unsalted Butter Stick
- 1/4 cup Bouillon Vegetable Broth
- 1/16 cup Sugar Free Syrup
- 1/4 tsp Sage (Ground)

DIRECTIONS

Use fresh sage for this recipe if possible. You will need 7-8 leaves.

1. Heat butter in a medium skillet over medium-high heat. Cube pumpkin into 3/4-inch chunks.
2. Add pumpkin and shallots to pan and season with salt and freshly ground black pepper. Saute until pumpkin is lightly browned and the onions are translucent; 5-6 minutes.
3. Turn heat to low, add 1/4 cup vegetable broth, and simmer covered for 8-10 minutes until pumpkin is tender.
4. Add maple syrup and sage. Tossing to combine. Serve immediately. Serving size is about 1/4 cup.