

## 7 Ways {pumpkin}

***Pumpkin is loaded with vitamin A and fiber, and is low in calories. But don't buy canned pumpkin just for pie; keep it stocked in your pantry all year round to whip up one of these quick, homemade pumpkin recipes.***

1. Sauté 1 chopped onion + 1-2 chopped green bell peppers + 1 lb. ground turkey + 1 16 oz. can of kidney beans (drained) + one 14.5 oz. can of pumpkin (14.5 oz.) + 1-2 cans peeled, diced tomatoes + 2 Tbsp chili powder + 2 tsp cumin + 1 Tbsp red pepper flakes + salt to taste. Simmer about 20 minutes.
2. Cook, drain, and cool about 15 jumbo pasta shells. While cooking, mix together 1 cup part-skim ricotta cheese + 1 cup canned pumpkin + 1 egg + 1 minced garlic clove, fold in chopped fresh basil; season with salt + pepper, to taste. Stuff each pasta shell with 1 Tbsp of ricotta-pumpkin mixture, place into pan. Drizzle any leftover sauce around shells and top with shredded mozzarella cheese + grated Parmesan cheese. Bake 25 minutes at 350 or until sauce is bubbly and cheese is melted.
3. Combine 8-10 oz. of chopped cooked chicken + 6 sliced scallions + 1 cup corn in a bowl, season well with salt + pepper, set aside. In food processor or blender, puree one 15 oz. can pumpkin + 4 cloves minced garlic + 1 sliced jalapeno (stems, ribs, seeds removed) + 2 ½ cups water + 1 tsp chili powder + salt + pepper. Place 1 cup of pumpkin sauce onto bottom of a 2-qt baking dish. Lay out 8 corn tortillas, place chicken mixture evenly onto each half. Roll tortillas into a tight log, place in baking dish, seam sides down. Pour remaining pumpkin sauce over tortillas, sprinkle lightly with shredded cheddar cheese. Bake at 425 for 25-30 minutes, or until sauce is bubbly.
4. In med saucepan, combine 15 oz. can pumpkin + 14 oz. can unsweetened coconut milk + 15 oz. can cannellini beans + 14 oz. vegetable broth + 1 tsp sage. Season to taste with salt + pepper. Drizzle with fresh lime before serving.
5. Beat 8 oz. softened reduced fat cream cheese + ½ cup canned pumpkin + 2-3 Tbsp sugar + ¾ tsp pumpkin pie spice + ½ tsp vanilla with electric mixer until smooth. Cover and refrigerate for at least 1 hour or up to 24 hours. *Serve cream cheese on toasted bagel or toast, with sliced apples, spread on a healthy bran muffin, or stir into oatmeal.*
6. For a breakfast smoothie, combine ½ cup canned pumpkin + ¾ cup vanilla yogurt + ¼ tsp cinnamon + ⅛ tsp nutmeg + 2 tsp brown sugar + ice in a blender until smooth.
7. Cook 1 box penne pasta. While cooking, sauté 1 chopped shallot in 1 Tbsp olive oil over medium heat. When soft, whisk in 1 ½ cups low-sodium chicken/veggie broth + ½ cup fat-free evaporated milk + 15-oz can pumpkin + ½ tsp pumpkin pie spice + salt + pepper. Bring to a boil; simmer about 4 minutes, stirring occasionally. Toss cooked penne with sauce. Serve with chopped fresh parsley and Parmesan cheese.