

PUMPKIN RECIPES



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Appetizer

Pumpkin Seed and Goat Cheese Toasts
Roasted Pumpkin Seeds

Pumpkin Seed and Goat Cheese Toasts

Serves 24

1 ct Goat milk yogurt -; (32 oz)
4 Garlic cloves; minced
1/2 tsp Salt
1/2 tsp freshly ground pepper
1/4 cup Pumpkin seeds
2 Tbs Minced parsley
2 Tbs Minced dry-packed sun-dried tomatoes
2 Tbs Shredded basil
24 slices Toasted French bread - (1/2" thick)

Spoon yogurt into strainer lined with cheesecloth. Place strainer over bowl large enough so that strainer does not touch bottom of bowl to drain. Cover top of yogurt with excess cheesecloth and refrigerate at least 8 hours, up to 24 hours (longer draining gives thicker yogurt). Drain yogurt and discard liquid. Combine thickened yogurt cheese with 2 cloves minced garlic, salt and pepper. (Can be made 1 day in advance to this point and stored in refrigerator until ready to use.) Spread pumpkin seeds in single layer on baking sheet that has been misted with oil or sprayed with nonstick cooking spray. Lightly mist top of seeds with oil or lightly spray with nonstick cooking spray. Toast seeds in oven at 350 degrees until lightly toasted, about 5 minutes. Remove from oven, sprinkle lightly with salt and let cool about 5 minutes. (Can be made 1 day in advance.) Combine toasted pumpkin seeds, parsley, sun-dried tomatoes, basil and remaining 2 cloves minced garlic to make topping. To assemble appetizers, spread each slice French bread with scant tablespoon yogurt, then sprinkle with pumpkin-seed topping. Yields 24 appetizers.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 74.0 calories; 23% calories from fat; 2.0g total fat; 1.0mg cholesterol; 173.0mg sodium; 12.0g carbohydrates; 0.1g fiber; 3.0g protein.

Roasted Pumpkin Seeds

Serves 8

2 cup pumpkin seeds; roasted
1/2 tsp salt
2 Tbs butter; melted

Rinse pumpkin seeds and remove strings and fibers. Dry seeds with a dish towel. Combine seeds in bowl with melted butter. Sprinkle salt on the seeds and mix well. Spread in a jelly roll pan or baking dish and roast at 250 for about 30 minutes, tossing seeds every 10 minutes to roast evenly. Roast until crispy and golden.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 96.0 calories; 50% calories from fat; 5.0g total fat; 7.7mg cholesterol; 266.0mg sodium; 8.0g carbohydrates; 3.0g protein.

Sweet Cinnamon Toasted Pumpkin Seeds

1 Tbs egg white
1/4 tsp salt
1/8 tsp cayenne pepper
1/2 tsp cinnamon
2 cups raw hulled pumpkin seeds

Preheat oven to 350 degrees.

Beat the egg white with a whisk until soft and foamy. Add the rest of the ingredients and toss well. Spread out on a parchment lined baking tray, in an even layer.

Bake for 13 to 15 minutes until the pumpkin seeds pop. Let cool completely and store in a covered container.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 582.5 calories; 35% calories from fat; 24.9g total fat; 0.0mg cholesterol; 1342.9mg sodium; 1211.5mg potassium; 70.0g carbohydrates; 0.7g fiber; 0.2g sugar; 25.5g protein.

Breakfast

Pumpkin Pancakes

Pumpkin Waffles with Nut Butter

Pumpkin Pancakes

Serves 8

2 cups Biscuit mix
2 Tbs Packed light brown sugar
2 tsp Ground cinnamon
12 oz Carnation Evaporated Milk - (1 can), undiluted
1 tsp Ground allspice
1/2 cup Libby's Solid Pack Pumpkin
2 Tbs Vegetable oil
2 Eggs
1 tsp Vanilla extract

In a large mixer bowl, combine biscuit mix, sugar, cinnamon, and allspice. Add evaporated milk, pumpkin, oil, eggs, and vanilla; beat until smooth. Pour 1/4 to 1/2 cup batter (depending on sizes of pancake desired) onto heated and lightly greased griddle. Cook until top surface is bubbly and edges are dry. Turn, cook until golden. Keep pancakes warm. Serve with syrup or honey. Yield is about 16 pancakes.

Gilding the Lily: Add about 1/2 cup chopped pecans to the batter. Top the pancakes with a mixture of softened butter and orange marmalade.

Comments: Delicious and handsomely colored, these pumpkin flapjacks are not just for holiday time. Year-round (as long as that essential canned pumpkin is in the cupboard), teamed with butter, maple syrup or honey, and ham or bacon, they'll have everyone wide awake and ready for seconds.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 253.0 calories; 44% calories from fat; 12.6g total fat; 74.2mg cholesterol; 467.7mg sodium; 244.3mg potassium; 27.7g carbohydrates; 1.4g fiber; 11.1g sugar; 7.2g protein.

Pumpkin Waffles with Nut Butter

Serves 1

WAFFLES

2 1/4 cup All-purpose flour
4 tsp Baking powder
2 tsp Ground cinnamon
1 tsp Ground allspice
1 tsp Ground ginger
1/2 tsp Salt
1/4 cup firmly packed brown sugar
1 cup canned pumpkin
2 cup Milk
4 Eggs
1/4 cup Melted butter or margarine

NUT BUTTER

1/2 cup Softened butter or margarine
1/2 cup Walnuts; chopped
1/4 cup grated orange peel

Waffles: Sift together flour, baking powder, cinnamon, allspice, ginger, salt, and brown sugar. Separate eggs. Combine pumpkin, milk, and egg yolks. Add flour mixture and butter. Stir to blend. Beat egg whites until soft peaks form. Fold into batter and blend. Preheat waffle iron. Pour batter onto grill. Cook waffles until browned and crisp, about 5 minutes.

Makes 5 - 9-inch waffles

Nut Butter: Mix all ingredients together.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Yogurt

Serves 1

1 cup Non-fat vanilla yogurt; (I use Dannon Light)

1/2 cup Canned pumpkin puree

Cinnamon; to taste

Nutmeg; to taste

Pumpkin pie spice; to taste

Mix and serve. 2 points. Loaded with vitamin A and fiber!

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Dessert

Classic Pumpkin Pie
Orange-Pumpkin Spice Pudding
Praline Pumpkin Cake
Pumpkin Chiffon Pie
Pumpkin Chip Cookies
Pumpkin Crunch
Pumpkin Flan with Pumpkin Seed Praline
Pumpkin Milk Shakes
Pumpkin Pie with Ginger Streusel
Pumpkin Spice Cheesecake Bars
Pumpkin Spice Cookies
Pumpkin Spice Pie
Pumpkin Tarts
Pumpkin Tofu Cheesecake
Pumpkin Walnut Cake
Pumpkin Walnut Fudge
Pumpkin Walnut Loaf
Pumpkin-Apple Muffins
Pumpkin-Cranberry Cake
Pumpkin-Marshmallow Pie
Quick & Easy Pumpkin Cupcakes
Quick Pumpkin Pudding

Classic Pumpkin Pie

Serves 8

=== CRUST ===

1 1/2 cups flour, plus
more for rolling

1 Tbs sugar

1/8 tsp salt

6 Tbs chilled butter - (3/4 stick), cut in pieces

1 egg yolk

4 Tbs ice water

=== FILLING AND ASSEMBLY ===

1 1/4 cups milk, plus

2 Tbs milk

2 Tbs butter

2 eggs

1 can pumpkin - (15 oz)

1/2 cup sugar, plus

2 1/2 Tbs sugar

1/2 tsp salt

1/2 tsp cinnamon

1/2 tsp ground ginger

1/2 tsp freshly-grated nutmeg

1 Tbs milk, for brushing on pie crust

Crust: Combine the flour, sugar and salt in a large bowl and stir. Add the butter and blend it in with your fingers until the mixture resembles coarse crumbs.

Lightly beat the egg yolk and add the ice water. Add the egg mixture to the flour mixture in the bowl and stir with a fork just until the dough comes together into a ball. (To make using a food processor, pulse the flour, sugar and salt to combine. Add the butter and pulse 4 or 5 times until the mixture resembles coarse crumbs. Add the egg yolk. Add the water, a tablespoon at a time, pulsing briefly until the dough forms a ball.) Wrap in plastic wrap and chill until firm, about 1 hour, or overnight.

Turn the dough out onto a lightly floured board and roll to a 13-inch circle. Fold the dough in quarters and center onto the pie plate; unfold and gently pat the dough onto the bottom and sides of the plate. Trim and flute the edges.

Filling And Assembly: Heat the oven to 450 degrees. Heat the milk just until hot but not simmering. Remove from heat and add the butter. Set aside.

Lightly beat the eggs. Add the pumpkin, sugar, salt and spices. Stir until completely blended. Stir in the hot milk mixture.

Brush the fluted edge of the pie crust with milk. Pour the filling into the pie shell.

Bake 15 minutes, then reduce heat to 350 and bake an additional 35 minutes. Cool on a wire rack. Serve with whipped cream.

This recipe yields 8 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 326.0 calories; 40% calories from fat; 15.0g total fat; 113.0mg cholesterol; 222.0mg sodium; 43.0g carbohydrates; 2.0g fiber; 6.0g protein.

Orange-Pumpkin Spice Pudding

Serves 8

Safflower oil, to coat custard cups
1 cup nonfat milk
1 Tbs arrowroot powder
2 Tbs molasses
1 cup canned or cooked fresh pumpkin puree
2 Tbs cinnamon
1/2 tsp ground cloves
1 tsp ground cardamom
2 tsp grated gingerroot
1 tsp nutmeg
1/2 cup maple syrup
2 Tbs grated orange rind
1/4 cup orange juice
2 eggs
Nonfat plain yogurt, for garnish

Preheat oven to 350 degrees F. Lightly oil 8 custard cups.

In a large bowl combine milk, arrowroot, and molasses, and whisk until well blended. Add pumpkin, cinnamon, cloves, cardamom, gingerroot, nutmeg, maple syrup, orange rind, and orange juice.

Separate eggs. Add yolks to pumpkin mixture. In a small bowl beat egg whites until stiff peaks form. Fold into pumpkin mixture.

Pour into prepared custard cups. Place in a shallow baking pan. Add hot water to one half the height of pan. Bake until firm (about 40 minutes). Let cool slightly and serve garnished with yogurt.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 125.2 calories; 12% calories from fat; 1.8g total fat; 61.9mg cholesterol; 111.7mg sodium; 279.1mg potassium; 25.2g carbohydrates; 2.2g fiber; 17.2g sugar; 3.4g protein.

Praline Pumpkin Cake

Serves 16

1 serving cooking spray
15 oz canned pumpkin
12 oz fat-free evaporated milk
1/4 cup fat-free egg substitute
1/2 cup sugar
4 tsp pumpkin pie spice
18 1/4 oz unprepared white cake mix - (1 pkg)
1/2 cup pecan halves, chopped
1/4 cup reduced-calorie margarine, melted

Preheat oven to 350 degrees. Coat bottom and sides of a 13- by 9- by 2-inch baking pan with cooking spray.

Stir pumpkin, milk, egg substitute, sugar and pumpkin pie spice together in a medium bowl until smooth; pour into pan. Sprinkle dry cake mix over pumpkin mixture and gently press it into pumpkin mixture to moisten. Sprinkle cake with pecans and then drizzle margarine evenly over top.

Bake, uncovered, until knife inserted in center of cake comes out clean, about 50 to 60 minutes. Cool completely before slicing into 16 pieces.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 221.5 calories; 26% calories from fat; 6.8g total fat; 1.0mg cholesterol; 210.4mg sodium; 217.5mg potassium; 37.8g carbohydrates; 1.2g fiber; 9.2g sugar; 3.9g protein.

Pumpkin Chiffon Pie

=== FOR THE CRUST ===

4 oz unblanched whole almonds
4 oz unblanched whole hazelnuts
1/4 cup unsalted butter
6 Tbs plain whey protein powder
1 tsp brown Sugar Twin
1 tsp pourable Splenda
1 pinch salt
3/4 tsp dried ground ginger
1/2 tsp pure vanilla extract

=== FOR THE FILLING ===

1/4 cup water
2 1/2 tsp gelatin
3 Tbs brown Sugar Twin
3 Tbs pourable Splenda
1 can pumpkin puree - (14 oz)
1/2 tsp dried ground ginger
3/4 tsp ground cinnamon
1/2 tsp freshly-grated nutmeg
1/4 tsp salt
1/2 cup whipping cream
1 tsp pure vanilla extract
3 large eggs, separated
1/4 tsp cream of tartar
1 1/2 cups whipping cream

Cut a circle of parchment paper to fit into the bottom of a 9-inch pie pan.

Preheat the oven to 350 degrees. Spread the almonds and hazelnuts out on a baking sheet and roast for 8 to 10 minutes until browned. Cool.

While the nuts are roasting, melt the butter over medium heat until colored a deep brown. Remove from the heat.

In a food processor, coarsely grind the almonds and hazelnuts separately. Combine with the whey protein, sweeteners, salt, ginger and pure vanilla extract. Add the butter and mix well. Press evenly into the pie pan and chill.

For the Filling: Sprinkle the gelatin over the water and set aside. Combine the Sugar Twin and Splenda.

In a food processor, combine the softened gelatin, pumpkin puree, 4 tablespoons of the mixed sweeteners, the spices, salt, 1/2 cup whipping cream, vanilla and 3 egg yolks. Puree until smooth. Transfer to a saucepan and cook over medium-high heat until the mixture just starts to splutter. (Heating the mixture to this point is important or it may not set properly.) Transfer to the food processor and puree again until smooth. Transfer to a bowl and let stand at room temperature, stirring frequently until cool.

In a mixing bowl, beat the egg whites until foamy. Add the cream of tartar and remaining sweetener mix and beat until stiff peaks form. Stir 1/4 of the egg whites into the pumpkin mixture then fold in the remaining whites. Spread out into the crust and refrigerate for at least 2 hours.

No more than 4 hours before serving, beat the 1 1/2 cups whipping cream to firm peaks and pile on top of the pie.

This recipe yields 1 nine-inch pie.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 3763.0 calories; 78% calories from fat; 341.0g total fat; 101.0g carbohydrates; 33.0g fiber; 106.0g protein.

Pumpkin Chip Cookies

Serves 1

1 can Pumpkin pie filling
1 tsp Baking soda
2 Tbs Milk
2 cup Sugar
2 Eggs
1 cup Vegetable oil
4 cup Flour
4 tsp Baking powder
1 tsp Salt
2 tsp Cinnamon
2 tsp Vanilla
1 small Bag chocolate chips

Preparation: Mix ingredients well. Bake 10 to 12 minutes in 350 degree oven. Cookies will be soft and cake-like, perfect for a Halloween party. They will be a big hit with kids and grown-ups as well.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Crunch

Serves 8

**1 can Pumpkin; (1 lb. 13 oz.) can
13 oz Evaporated milk
3 Eggs; slightly beaten
1 1/2 tsp Cinnamon
1/2 tsp Nutmeg
1/4 tsp Ginger
1/4 tsp Cloves
1 cup Sugar
1/2 tsp Salt
1 pkg Yellow cake mix
1 cup Pecans; chopped
3/4 cup Margarine melted**

Blend together all but last 3 ingredients and beat well. Pour the pumpkin mixture into a lightly greased 9x13 in. pan. Sprinkle the dry yellow cake mix and 1 cup of chopped nuts over the top of the pumpkin mixture. Drizzle melted margarine over everything. Bake at 350 degrees for 50 minutes.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Flan with Pumpkin Seed Praline

Serves 1

2 cup Sugar
1 cup Whole milk
2 can Evaporated milk; (1 1/3 cups) (5-oz)
5 lg Eggs
1/4 tsp Salt
1 can Solid-pack pumpkin; (1 3/4 cups) (15-oz)
2 Tbs Premium golden agave tequila such as; or bourbon
; Herradura Reposado
2 tsp Ground cinnamon
1 tsp Ground ginger
1/4 tsp Ground allspice
1/4 tsp Ground nutmeg
Accompaniment: pumpkin-seed praline

Preheat oven to 375F.

Heat a 2-quart soufflé dish or round ceramic casserole in middle of oven.

Cook 1 cup sugar in a dry 2-quart heavy saucepan over moderately low heat, stirring slowly with a fork, until melted and pale golden. Cook caramel without stirring, swirling pan, until deep golden, about 5 minutes. Quickly and carefully remove hot dish from oven and immediately pour caramel into dish, tilting it to cover bottom and sides. (Leave oven on.) Keep tilting as caramel cools and thickens enough to stay in place.

Scald whole milk with evaporated milk in a saucepan and remove from heat. Beat eggs and remaining cup sugar with an electric mixer until smooth and creamy. Beat in salt, pumpkin, tequila, and spices. Pour milk mixture through a sieve into a bowl and beat into pumpkin mixture in a slow stream until combined well.

Pour custard over caramel in dish and set in a water bath of 1 inch hot water. Put pan in middle of oven and lower temperature to 350F. Bake until golden brown on top and a knife inserted in center comes out clean, about 1 1/2 hours, possibly longer. Remove dish from water bath and transfer to a rack to cool. Chill flan, covered, until cold, at least 6 hours.

To unmold flan, run a thin knife around flan to loosen from sides of dish. Wiggle dish from side to side and, when flan moves freely in dish, invert a large serving platter with a lip over dish. Holding dish and platter securely together, quickly invert and turn out flan onto platter. Caramel will pour out over and around it.

Cut flan into wedges and serve with caramel spooned over and with shards of praline.

Makes 8 to 10 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Milk Shakes

Serves 4

PREP: 10 MINUTES

2 cup Vanilla ice cream

1/2 cup Mashed cooked or canned pumpkin

3/4 cup Milk

1/4 tsp Ground cinnamon

Dash of ground nutmeg

Whipped cream, if desired

Place all ingredients in blender. Cover and blend on high speed about 15 seconds or until smooth. Top with whipped cream. Yield: 4 servings

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Pie with Ginger Streusel

Serves 1

CRUST

2 Tbs Chopped peeled fresh ginger
1 1/3 cup All purpose flour
2 Tbs Sugar
1/4 tsp Ground cloves
1/4 tsp Salt
1/4 cup Chilled unsalted butter; cut into small
; pieces (1/2 stick)
1/4 cup Chilled solid vegetable shortening; cut into small
; pieces
1 lg Egg yolk
2 Tbs Ice water; (or more)

FILLING

1 cans Solid pack pumpkin (16-ounce)
1 1/2 cup Whipping cream
3 lg Eggs
1/2 cup Sugar
1/4 cup Packed golden brown sugar
1 1/2 tsp Ground cinnamon
1/4 tsp Ground allspice
1/4 tsp Ground nutmeg
1/4 tsp Ground cloves
1/4 tsp Salt

TOPPING

1 cup all purpose flour
1/2 cup packed golden brown sugar
1/2 cup coarsely chopped walnuts (about 2 1/2 ounces)
1/4 cup finely chopped crystallized ginger
1 1/2 tsp Ground ginger
1/2 cup Unsalted butter; cut into small
; pieces, room
; temperature (1 stick)

For crust

Place ginger in processor and process; until minced. Add flour, sugar, cloves and salt; process to combine. Using on/off turns, cut in butter and shortening until mixture resembles coarse meal. Mix yolk and 2 tablespoons water in small bowl. Add yolk mixture to flour and butter mixture; process just until mixture forms moist clumps. If dough is too dry, blend in more water by teaspoonfuls. Gather dough into ball; flatten into disk. Wrap in plastic; chill 1 hour. (Can be made 1 day ahead. Keep chilled. Soften dough slightly at room temperature before rolling.)

Preheat oven to 350F. Roll out dough on floured surface to 12-inch-diameter round. Transfer dough to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold edges under crust. Crimp decoratively, forming high-standing rim (about 1/2 inch above rim of dish). Freeze crust for 15 minutes. Line crust with foil and then fill with dried beans or pie weights. Bake crust 10 minutes. Remove foil and beans and bake until crust is set and pale golden, about 10 minutes. Transfer crust to rack; cool completely.

For filling:

Whisk all ingredients in large bowl until combined. Pour into pie crust. Bake until skin begins to form on filling and filling begins to set, about 50 minutes. Remove from oven. Let pie stand 10 minutes to set slightly. Maintain oven temperature.

Meanwhile, prepare topping:

Mix first 5 ingredients in medium bowl. Rub in butter with fingertips until mixture begins to form small clumps. Sprinkle topping over pie. Bake until pie is set and streusel is golden brown, about 25 minutes. Transfer to rack and cool completely.

Serves 8.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Spice Cheesecake Bars

Serves 18

1 serving cooking spray
9 whole reduced-fat cinnamon graham crackers
3 Tbs butter
16 oz fat-free cream cheese
1 cup sugar
2 cups fat-free sour cream
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp ground cloves
3 large eggs
1 cup canned pumpkin

Preheat oven to 325 degrees. Coat a 9- by 13-inch baking pan with cooking spray or line bottom of pan with parchment paper. Alternatively, you can use a 9- by 13-inch nonstick pan.

Grind graham crackers until fine in a food processor or place crackers in a resealable plastic bag and crush with rolling pin. Place crumbs in a small bowl.

Melt butter on stove top or in microwave and pour over graham cracker crumbs. Mix with a fork until completely moistened.

Press crumbs evenly into bottom of prepared pan and place in refrigerator while preparing pumpkin filling.

Place cream cheese in bowl of a mixer fitted with a paddle attachment or beat with an electric mixer until smooth. Add sugar and mix until incorporated.

Mix in 1 cup of sour cream until just combined and then add cinnamon, nutmeg, ginger and cloves. Add remaining sour cream and mix until just combined.

Slowly beat in each egg one at a time until incorporated, and then mix in pumpkin. (Note: For best results, all ingredients should be at room temperature and mixed as little as possible, until each ingredient is just combined.)

Pour pumpkin mixture into prepared pan, spread evenly throughout and smooth top.

Bake until set at edges, about 30 minutes. (Note: The very center will be a little loose.) Cool completely and refrigerate overnight before cutting into 18 pieces and serving.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 165.0 calories; 25% calories from fat; 4.8g total fat; 48.0mg cholesterol; 519.7mg sodium; 132.3mg potassium; 25.1g carbohydrates; 0.6g fiber; 15.0g sugar; 5.9g protein.

Pumpkin Spice Cookies

Serves 32

1 stick Butter, softened
3/4 cup Brown sugar
1 Egg
1 tsp Vanilla
1 cup Canned pumpkin puree
2 cups All-purpose flour
1 tsp Baking powder
1/2 tsp Baking soda
1/2 tsp Salt
1 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Ground ginger
1/4 tsp Ground cloves
1 cup Raisins
1 cup Chopped walnuts

Preheat the oven to 350 degrees. Lightly grease cookie sheets. Cream together butter and brown sugar until smooth. Beat in egg and vanilla. Beat in pumpkin puree. In another bowl, combine flour, baking powder, baking soda, salt, cinnamon, nutmeg, ginger, and cloves. Add to butter mixture and beat well to combine. Add raisins and nuts in 2 batches, mixing between additions. Drop by tablespoonfuls onto prepared sheets. Bake about 18 minutes, until set, not browned. Transfer to racks to cool. This recipe yields 32 cookies.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 94.7 calories; 25% calories from fat; 2.8g total fat; 8.0mg cholesterol; 79.9mg sodium; 101.1mg potassium; 16.4g carbohydrates; 0.9g fiber; 8.2g sugar; 1.9g protein.

Pumpkin Spice Pie

Serves 1

PIE

1 can pure pumpkin; (15-ounce)

3/4 cup pure maple syrup

3/4 cup Whipping cream

3 lg Eggs

2 Tbs Unsalted butter; melted (1/4 stick)

1 tsp Ground cinnamon

1/2 tsp Ground nutmeg

1/4 tsp Ground cloves

1/4 tsp Salt

1 Flakey Pie Crust

WHIPPED CREAM

1 cup Chilled whipping cream

3 Tbs Powdered sugar

1 tsp Ground cinnamon

1 tsp Vanilla extract

For pie: Position rack in bottom third of oven and preheat oven to 350°F. Whisk pumpkin, maple syrup, whipping cream, eggs, butter, cinnamon, nutmeg, cloves and salt in large bowl to blend well.

Pour pumpkin mixture into prepared pie crust. Bake until filling is just set in center and crust is golden, about 1 hour. Transfer pie to rack and cool completely. Cover pie and refrigerate until cold. (Can be prepared 1 day ahead. Keep refrigerated.)

For whipped cream: Using electric mixer, beat 1 cup chilled whipping cream, 3 tablespoons powdered sugar, 1 teaspoon ground cinnamon and 1 teaspoon vanilla extract in large bowl until soft peaks form.

Serve pie cold or at room temperature with whipped cream.

Makes 8 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Tarts

Serves 1

FOR THE PASTRY

175 g Plain flour

75 g Butter

Grated zest of an orange

1/2 tsp Cinnamon

1 Egg yolk

2 Tbs Water

FOR THE FILLING

450 g Pumpkin; cubed

25 g Butter

2 Tbs Runny honey

Combine all the pastry ingredients to form a firm dough. Heat a frying pan and melt the butter. Fry the pumpkin until just beginning to soften.

Line tart tins with the pastry. Blind bake the tarts in the oven for 8-10 minutes until cooked through and golden.

Pile the caramelized pumpkin into the tarts and serve with whipped cream or Greek yogurt.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Tofu Cheesecake

Serves 1

GRAHAM CRACKER PIE CRUST

2 cup Graham cracker crumbs (about 16 whole ; crackers)
6 Tbs Soy margarine; slightly softened
1 1/2 lb silken tofu
1 cup canned or fresh cooked pumpkin
1 1/4 cup Sugar
1 tsp Ground cinnamon
1/2 tsp Ground nutmeg
1/4 tsp Ground cloves
12 oz Soy cream cheese
1 Tbs Vanilla extract

Make the graham cracker crust: In a food processor or blender, process the graham crackers on high speed until they are finely ground. Add the margarine and pulse until the mixture resembles coarse crumbs. Pat the mixture into a thick layer in the bottom of an 8-inch spring form pan, or thinner layers in 2 (9-inch) pie plates.

Make the filling: Have all the ingredients at room temperature. Preheat the oven to 325 degrees. In a food processor or blender, puree the tofu until smooth. Add the sugar, spices, soy cream cheese, and vanilla and process until smooth. Scrape down the sides as necessary.

Pour the tofu mixture into the prepared pie crusts and bake for 50 minutes, until the cheesecake mixture is firm.

Turn the oven off, leaving the cake in the oven for 1 hour. Remove and cool to room temperature. Refrigerate the cheesecake overnight. Serve slightly chilled.

Yield: 2 (9-inch) cheesecake

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Walnut Cake

Serves 12

2 cup Flour
2 tsp Baking powder
1/2 tsp Baking soda
1/2 tsp Salt
1/2 tsp Nutmeg
1 tsp Cinnamon
2 Eggs
1/2 cup Evaporated skim milk
1 tsp Vanilla
1 cup Sugar
1 cup canned pumpkin
1/8 cup Lighter Bake by Sunsweet
1/2 cup Chopped walnuts

In a large bowl, beat eggs, milk, sugar, vanilla and pumpkin until well blended. Sift in dry ingredients and mix well. Fold in chopped walnuts.

Spoon into a 9x5x3-inch loaf pan that has been sprayed with Pam or use 4 mini loaf pans.

Bake at 350° for 55 mins for the large loaf pan, or 40-45 mins for the mini pans.

Let cool 10 mins on rack. Remove cakes from pan and continue to cool.

Can be wrapped in foil and frozen.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Walnut Fudge

Serves 1

4 cup Sugar

1 cup Milk

3 Tbs Light corn syrup

1 cup Fresh pumpkin puree or canned pumpkin; puree

3 Tbs Unsalted butter; cut into bits

1 tsp Vanilla

2 cup Chopped walnuts

In a 4-quart heavy saucepan combine the sugar, the milk, the corn syrup, the pumpkin puree, and a pinch of salt, cook the mixture over moderate heat, stirring, until the sugar is dissolved, and cook it, undisturbed, until a candy thermometer registers 238F. Remove the pan from the heat, add the butter (do not stir it into the mixture), and let the mixture cool until it is 140F. Stir in the vanilla and the walnuts, beat the mixture with a wooden spoon for 30 seconds to 1 minute, or until it begins to lose its gloss, and pour it immediately into a buttered 9-inch-square pan. Let the fudge cool until it begins to harden, cut it into squares, and let it cool completely. The fudge keeps, stored between sheets of wax paper in an airtight container, in a cool place for 2 weeks.

Makes about 2 pounds.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Walnut Loaf

Serves 4

1 cup Minced onion
1/2 cup minced green bell pepper
1 cup finely diced fresh pumpkin
1/4 cup Chicken broth
1 cup cooked long-grain rice - (white or brown)
6 Tbs Breadcrumbs
2 oz Can walnuts; finely chopped
1 Egg; beaten
2 Tbs Minced parsley
3/4 tsp Salt
1/2 tsp Dried leaf sage
1/4 tsp Pepper
3/4 oz Grated Parmesan cheese
1 1/2 cup Stewed tomatoes

"In season, use fresh, small pumpkins*; out of season use canned."

Preheat oven to 375 degrees F. Spray a large non-stick skillet with nonstick cooking spray. Cook onion and bell peppers over medium heat, stirring often, until onion is pale gold, about 5 minutes.

Add pumpkin and broth, cover and cook over low heat until pumpkin is soft, about 7 minutes.

Remove from heat; add rice, breadcrumbs, walnuts, egg, parsley, salt, sage and pepper; mix well.

Spray a 4-cup baking dish with nonstick cooking spray. Pack rice mixture into dish; sprinkle with Parmesan and bake 25 minutes. Run under broiler for 1-2 minutes until lightly browned on top.

Meanwhile, in a small saucepan, bring the stewed tomatoes to a boil over high heat, stirring frequently. Cook, uncovered, until reduced to 1 cup. Serve as is or puree in blender or food processor. Serve loaf with sauce on the side.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 299.0 calories; 37% calories from fat; 13.0g total fat; 57.0mg cholesterol; 362.0mg sodium; 38.0g carbohydrates; 10.0g protein.

Pumpkin-Apple Muffins

Serves 1

1 1/2 cup Whole wheat flour
1 cup all purpose flour
1 Tbs Pumpkin pie spice
1 1/4 tsp Baking powder
2 cup Sugar
1 cup Canned solid pack pumpkin
1/2 cup Vegetable oil
2 Eggs
1 cup Chopped peeled cored apples
1 cup Raisins
1/2 cup Chopped walnuts
TOPPING
1/2 cup Packed brown sugar
2 Tbs All purpose flour
1/2 tsp Ground cumin
1/4 cup Chilled butter; (1/2 stick)

Preheat oven to 350F. Grease eighteen 1/2-cup muffin cups or line with muffin papers. Sift first 4 ingredients into medium bowl. Stir sugar, pumpkin, oil and eggs in large bowl until well mixed. Mix in dry ingredients, apples, raisins and walnuts. Place equal amounts of batter into prepared cups.

For Topping:

Combine brown sugar, flour and cinnamon in small bowl. Cut in butter with fingers or pastry blender until mixture is crumbly.

Sprinkle topping over muffins. Bake until muffins are golden brown and tester inserted into centers of muffins comes out clean, about 30 minutes. Cool. Serve muffins warm or at room temperature.

Makes 18.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin-Cranberry Cake

Serves 12

1/2 cup Chopped walnuts
3 Tbs Brown sugar
1 1/2 Tbs Toasted wheat germ
1/4 tsp Pumpkin-pie spice
1 cup All-purpose flour
1/2 cup Whole-wheat flour
1/2 cup Toasted wheat germ
2 tsp Baking powder
1 tsp Pumpkin-pie spice
3/4 tsp Salt
1/4 tsp Baking soda
1 cup Plain fat-free yogurt
3/4 cup canned pumpkin
1/2 cup Packed brown sugar
2 Tbs Vegetable oil
1 lg Egg
1/2 cup Sweetened dried cranberries --such as craisins
1 tsp Grated orange rind
Cooking spray

Preheat oven to 350°F.

Combine first 4 ingredients in a small bowl; stir with fork. Set aside.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours and the next 5 ingredients (flours through baking soda) in a medium bowl; make a well in center of mixture. Combine yogurt, pumpkin, 1/2 cup brown sugar, oil, and egg; stir well with a whisk. Add to flour mixture, stirring just until moist. Fold in cranberries and orange rind. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray, spreading evenly. Sprinkle with walnut mixture. Bake at 350°F for 25 minutes. Cool on a wire rack.

Yield: 12 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin-Marshmallow Pie

Serves 8

1/2 lb Marshmallows
1 1/4 cup Cooked Pumpkin
1/2 tsp Salt
1/2 tsp Ground Cinnamon
1/4 tsp Ground Ginger
1/2 cup Instant Non-fat Dry Milk Powder
1/2 cup Cold Water
16 Pecan Halves

Prepared 9-inch Baked Pie Pastry

Combine the marshmallows, cooked pumpkin, salt, cinnamon, and ginger in the top of a double-boiler.

Heat the mixture over half a pot of boiling water until the marshmallows are melted, stirring as the mixture melts. Let cool to room temperature.

Meanwhile, combine the milk powder with the cold water, and place in the freezer until ice crystals form.

Whip the near-frozen milk mixture in a small bowl until stiff. Fold the fluffed milk into the pumpkin mixture.

Spoon the filling into the prepared pie pastry and refrigerate until set. Garnish the outside ring of the pie with pecan halves just prior to slicing and serving.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Quick & Easy Pumpkin Cupcakes

Easy and delicious cupcakes using spice cake mix, canned pumpkin and a prepared cream cheese frosting. Great for dessert or snack!



Serves 24

1 pkg. (18.25 oz.) spice cake mix
1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin
3 large eggs
1/3 cup vegetable oil
1/3 cup water
1 container (16 oz.) prepared cream cheese or vanilla frosting
Assorted sprinkles

Preheat oven to 350° F. Paper-line or grease 24 muffin cups.

Blend cake mix, pumpkin, eggs, vegetable oil and water in large mixer bowl until moistened. Beat on medium speed for 2 minutes. Pour batter into prepared muffin cups, filling 3/4 full.

Bake for 18 to 23 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely. Spread cupcakes with frosting. Decorate as desired.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 217.9 calories; 40% calories from fat; 9.9g total fat; 26.4mg cholesterol; 235.1mg sodium; 130.5mg potassium; 30.8g carbohydrates; 1.0g fiber; 22.2g sugar; 2.0g protein.

Quick Pumpkin Pudding

This quick pumpkin dessert is creamy, smooth and so satisfying! Combine instant vanilla pudding and pie mix with Libby's pumpkin and whipping cream and you've got dessert.



Serves 8

1 pkg. (5.1 oz.) vanilla instant pudding and pie filling mix
1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin
1 tsp pumpkin pie spice
Whipped cream

Beat pudding mix and evaporated milk according to package directions in large bowl; refrigerate for 5 minutes. Add pumpkin and pumpkin pie spice; mix well.

Spoon into dessert dishes. Refrigerate for 10 minutes or until ready to serve. Top with whipped cream.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 170.8 calories; 28% calories from fat; 5.5g total fat; 19.4mg cholesterol; 458.2mg sodium; 276.1mg potassium; 27.2g carbohydrates; 1.7g fiber; 21.5g sugar; 4.1g protein.

Recipe Source

Source: Nestlé

Sensational Double Layer Pumpkin Pie

Serves 8

1 package cream cheese, softened
1 cup + 1 Tbsp. cold half and half or milk
1 Tbs sugar
1 1/2 cups thawed cool whip
1 Keebler ready crust, graham cracker pie crust
2 packages jello vanilla instant pudding and pie, (4 serving each) filling
1 can pumpkin, (16 oz.)
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground cloves

Mix cream cheese, 1 Tbsp. half and half and sugar with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

Pour 1 cup half and half into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Let stand 3 minutes.

Stir in pumpkin and spices; mix well. Spread over cream cheese layer.

Refrigerate at least 2 hours.

Garnish with additional whipped topping and nuts as desired.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Main Dish

Pumpkin and Corn Pasta

Pumpkin and Mozzarella Lasagna

Pumpkin Fettuccine

Pumpkin Seed Crusted Mahi Mahi with Mango and Papaya

Pumpkin Turkey Stew

Pumpkin and Corn Pasta

Serves 4

PUMPKIN CORN PASTA

1 Tbs Butter

1 Bacon rashers; chopped (1 to 2)

3/4 cup Milk

3/4 cup Water

1 pkg MAGGI Alfredo Pasta 'n More

1 cup Whole kernel corn

1 1/2 cup Cooked diced pumpkin

Freshly ground black pepper

1/2 cup Toasted crumbs*; (optional)

TOASTED CRUMBS

2 Tbs Butter

1/2 cup Fresh breadcrumbs

Pumpkin Corn Pasta

Heat the butter in a saucepan. Add the bacon and cook for 2-3 minutes.

Add the milk, water and Pasta 'n More mix.

Bring to the boil, stirring, then simmer over a low heat for 3 minutes.

Add the corn and pumpkin and cook for a further 1-2 minutes.

Season with black pepper and serve sprinkled with the toasted breadcrumbs if desired.

Toasted Crumbs:

Heat 2 tabs butter in a frying pan.

Add 1/2 cup fresh breadcrumbs and cook over a moderately low heat, stirring constantly, until the crumbs are golden brown.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin and Mozzarella Lasagna

Serves 4

1 md Onion
1 Clove garlic; crushed
30 g Margarine; or oil
1 kg Pumpkin
2 Tbs Sage; freshly chopped
Cracked black pepper
Lasagna noodles; cooked
3 cup Mozzarella cheese; grated
1/2 cup Parmesan cheese; grated
1 1/4 cup Sour cream
2 Tbs Chives; freshly chopped
2 Tbs Almonds; roasted flaked

Fry the thinly sliced onion and garlic in the margarine until golden brown. Peel the pumpkin and cook until tender drain well, then mash.

Mix together the pumpkin, onion mixture and sage. Add salt and pepper to taste. Grease a 30cm x 20cm lasagna dish. Place a layer of lasagna sheets in base of dish, top with a third of the pumpkin mixture then a third of the combined cheeses. Repeat with the remaining lasagna sheets, pumpkin and cheese.

Mix the sour cream with the chives, spread cream over the top of the dish.

Bake in moderate oven (e.g., around 350F) for 35-40 minutes until lightly browned and cooked through. Sprinkle with the almonds.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Fettuccine

Serves 1

Pumpkin; (diced)

Fettuccine

Feta cheese

Roasted Tomatoes

Tip: try roasting pumpkin prior to use in soups/mains for a stronger sweeter taste - Jap Pumpkins ideal choice at the moment...

Sauté diced pumpkin first, with some onions, until it just starts to cook through. Put the pumpkin and onion aside. Cook up fettuccine, then stir through pumpkin, feta and roasted tomatoes for an interesting and unusual pasta dish.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Seed Crusted Mahi Mahi with Mango and Papaya

Serves 1

2 cup Pumpkin seeds; toasted
2 Tbs Pink peppercorns
2 Mahi mahi fillets; (6-ounce)
Salt and pepper to taste
1 Red pepper; finely diced
3 Shallots; finely diced
Olive oil
1 Mango; diced
1 Papaya; diced
1/2 cup Dry vermouth
2 cup Chicken stock
1 cup Clam juice
1/2 lb Crabmeat
2 Scallions; sliced on the bias

Grind and combine the pumpkin seeds and the pink peppercorns. Coat the mahi mahi fillets with the pumpkin seed, pink peppercorn mixture and season with salt and pepper. Set aside. In medium sauté pan, over medium high heat, sauté the peppers and shallots in olive oil. Add the mango and papaya. Deglaze with vermouth. Add the chicken stock and clam juice, then add the crabmeat. Finish with scallions, and season with salt and pepper. Keep warm.

In a medium sauté pan, over medium to high heat, cook the fish in olive oil, 3 to 4 minutes each side or until golden brown. Serve with mango and papaya sauce.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Turkey Stew

Pumpkin purée makes a delicious sauce component; it provides a sweet under taste and creamy texture.

Serves 6

2 Tbs canola oil, divided
4 green onions, finely chopped
2 tsp grated fresh ginger
1 1/2 lbs boneless skinless turkey thigh meat, cut 1 1/2" cubes
1 can diced stewed tomatoes - (14 1/2 oz), chopped
1 cup pumpkin puree
1 cup water
1/2 packet sugar substitute
1/2 tsp salt
1/4 tsp freshly-ground black pepper
2 Tbs chopped fresh cilantro

Heat 1 tablespoon of the oil in a large soup pot over medium heat. Cook green onions 3 minutes, until softened. Add ginger and cook 2 minutes more. Transfer to a bowl.

Heat remaining oil in pot. Brown turkey pieces in batches, 3 to 4 minutes per batch. Return green onions and ginger to pot. Stir in tomatoes, pumpkin puree, water, sugar substitute, salt and pepper. Bring to a boil. Reduce heat to low and simmer, partially covered, 40 minutes, until turkey is tender. Stir occasionally. Add cilantro and cook 2 minutes more.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 243.0 calories; 46% calories from fat; 12.5g total fat; 9.5g carbohydrates; 2.5g fiber; 23.5g protein.

Pumpkin-Pecan Ravioli

Serves 2

**1/2 cup Pecans; finely chopped, plus
1 Tbs Toasted chopped pecans; for garnish
2 Tbs Diced shallots
3 Tbs Butter
1 cup Homemade or canned cooked pumpkin
2 Sheets Homemade or prepared pasta
(about 9- by 13-inches each)
2 Eggs; beaten, for egg wash
1 Tbs Chopped parsley; for garnish
2 Tbs Parmesan cheese; for serving**

In a small skillet sweat 1/2 cup pecans and shallots in 1 tablespoon of butter until shallot is tender, about 5 minutes. Let cool. In a small bowl, combine pecan mixture with pumpkin. On a lightly-floured surface, spread out 1 pasta sheet. Mound 1 tablespoon pumpkin mixture at 1-inch intervals and top with second pasta sheet; press between mounds of filling to seal, squeezing out air. Use a ravioli wheel to cut into ravioli. Bring a large pot of salted water to a boil. Drop in ravioli and cook until they float to the surface and are tender, 8 to 10 minutes, depending on their freshness. In a large skillet melt remaining 2 tablespoons butter over low heat. Drain ravioli in a colander, transfer to skillet and toss in butter to coat. Add remaining toasted pecans and parsley. Serve in a warm plate, sprinkled with Parmesan. This recipe yields 2 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Salad

Pumpkin-Seed Salad

Serves 8

1/2 cup Extra-virgin olive oil

1 lg Red onion; sliced

Salt

Freshly ground pepper

1 cup Raw pepitas; hulled

1/4 cup Fresh lemon juice

1 Red oak leaf lettuce head torn

1 Green oak leaf lettuce head torn

Heat 1 tablespoon of the olive oil in a sauté pan set over medium-high heat. Place onion rounds in skillet; season with salt and pepper. Cook until fork-tender, about 3 to 4 minutes per side. Transfer to a plate; set aside. Heat 1 tablespoon olive oil in a medium skillet set over medium-low heat. Add the pumpkin seeds, and cook, stirring occasionally, until golden, about 4 minutes, being careful that the seeds don't jump from the skillet as they pop. Set skillet aside to cool. Place 1/2 cup cooked pumpkin seeds in the bowl of a food processor; add a pinch of salt, and pulse until finely ground. With the machine running, slowly add the remaining 6 tablespoons olive oil. Add the lemon juice, and season with salt and pepper. Set the pumpkin vinaigrette aside. When ready to serve, combine both lettuces and the onion in a large bowl. Pour the reserved vinaigrette over the top, and toss the salad to combine. Sprinkle with remaining 1/2 cup pumpkin seeds. Serves 8 to 10.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Side Dish

Couscous with Pumpkin and Pine Nuts

Pumpkin and Blue Cheese Risotto

Pumpkin and Cauliflower

Pumpkin Casserole

Pumpkin Gratin

Pumpkin Lentil Wild Rice

Pumpkin Macaroni and Cheese

Pumpkin Nutmeg Dinner Rolls

Couscous with Pumpkin and Pine Nuts

Serves 1

1 1/2 cups Peeled, 1/2" diced pumpkin or winter squash
1 medium Onion, diced
1 Tbs Olive oil
2 cups Defatted chicken stock
1 sprig Fresh thyme, leaves only
1 dash Ground cinnamon
1 package Quick-cooking couscous - (10 oz)
Salt, to taste
Freshly-ground black pepper, to taste
1/2 cup Pine nuts, toasted

Steam or boil pumpkin until tender-crisp. Set aside. Sauté onion in olive oil in non-stick pan over low heat until just tender. Add to stock in saucepan. Bring and stock to a boil. Add thyme, cinnamon, and couscous. Stir, cover, and remove from heat. Let stand 5 to 7 minutes or until liquid is absorbed. Fluff with fork and season to taste with salt and pepper. Stir in pumpkin and pine nuts. Serve immediately.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 1272.8 calories; 44% calories from fat; 66.5g total fat; 14.4mg cholesterol; 864.6mg sodium; 2027.9mg potassium; 141.1g carbohydrates; 13.2g fiber; 16.4g sugar; 37.3g protein.

Pumpkin and Blue Cheese Risotto

Serves 4

600 g Queensland Blue pumpkin; (or other), peeled
(600 to 700)
; And seeds removed
Sea salt
Extra virgin olive oil
1 liter or so chicken stock
1 small Onion
Peeled and chopped finely
2 cup Arborio rice
150 g Blue cheese; (preferably David
; Brown's own Milawa
; Blue) cubed
1 Tbs Butter
Freshly ground black pepper

Cut the pumpkin flesh into 2 1/2 - 3cm chunks. Place in a baking tin and sprinkle with sea salt. Pour over a little olive oil and roast on the centre shelf of a pre-heated 200c oven, until the pumpkin is cooked and well browned.

Keep the pumpkin warm until you are ready to mix it into the risotto.

Bring the chicken stock to the boil and allow it to simmer over a very low heat.

Fry the onion in a little olive oil in a large sauté pan over low heat, until it starts to brown.

Add the rice and continue frying for 1 to 2 minutes, taking care not to burn the onion.

Add a ladle of the stock and cook, stirring the rice constantly with a metal spoon. Continue to add the stock as it is absorbed into the rice, until the rice is cooked. It should be firm to the bite, but not chalky.

The risotto should be moist and creamy.

Quickly stir in the Milawa Blue cheese and the butter, then carefully fold in the cubes of roasted pumpkin.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 502.0 calories; 25% calories from fat; 14.0g total fat; 36.0mg cholesterol; 570.0mg sodium; 77.0g carbohydrates; 15.0g protein.

Pumpkin and Cauliflower

Serves 4

2 Tbs Olive oil

500 g Pumpkin or other orange squash e.g.; de-seeded, peeled

; Butternut, and chopped ; coarsely (1lb)

1/2 lg Cauliflower; broken into small ; florets

1 lg Onion; chopped coarsely

4 Ripe tomatoes; skinned and chopped,

1/4 tsp Ground turmeric

A pinch of chili powder

Salt

Heat the olive oil in a large saucepan, add the pumpkin or squash, cauliflower and onion and fry for about 3 minutes.

Add the tomatoes and spices and season with salt.

Cover and simmer for about 20 minutes or until all the vegetables are soft, stirring occasionally.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Casserole

Serves 6

1 1/2 lbs Fresh pumpkin meat
1 large Onion, finely chopped
1/2 tsp Salt, or as desired
1/4 tsp Ground white pepper
2 Tbs Unsalted butter, melted
2 Eggs
3/4 cup Milk
3/4 cup Farmers cheese, OR- hoop or ricotta

Pumpkin dishes don't have to be sweet. This one is perfect with roast pork. Hollow out a small pumpkin to serve this in for a special presentation.

PREHEAT OVEN TO 375F. Using a paring knife or vegetable peeler, peel and discard outer skin of the pumpkin. Slice the pumpkin into 1/4-inch slices and place in a mixing bowl. Add the onion, salt, pepper and butter and toss well. Pour contents of the bowl into a 9-inch round or square greased baking dish, cover with foil and place in the oven. Bake for 30 minutes. Meanwhile, beat eggs, milk and cheese together until smooth. Remove the baking dish from the oven, remove the cover and pour the cheese mixture over the top. Replace in oven, uncovered, another 20 minutes. The gratin is done when it turns golden brown.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Gratin

Serves 6

1 1/2 lbs Pumpkin, peeled, seeded,
and cut into bite-size chunks
1 Red onion, thinly sliced
2 Tbs Extra-virgin olive oil
2 Garlic cloves
1 Tbs Chopped fresh thyme
=== FOR THE BECHAMEL SAUCE ===
4 Tbs Butter
3 Tbs All-purpose flour
1 1/2 cups Milk
2/3 cup Heavy cream
3 Tbs Freshly-grated Parmesan cheese
1/4 tsp Cayenne pepper
Salt, to taste
Freshly-ground black pepper, to taste
=== FOR THE TOPPING ===
2 Tbs Toasted pine nuts, finely chopped
1 Tbs Dried bread crumbs

Preheat the oven to 425 degrees. Place the pumpkin in a 7 1/2-cup ovenproof dish and top with the onion. Combine the oil, garlic, and thyme, and add to the pumpkin, and toss until well coated. Bake for 30 to 35 minutes until the pumpkin is soft and tinged with brown. Lower the oven temperature to 400 degrees. Meanwhile, make the béchamel sauce: Melt the butter in a saucepan. Add the flour and cook, stirring, for 30 seconds. Remove from the heat and gradually whisk in the milk and cream until smooth. Return to the heat and stir constantly until the sauce is thick and reaches the boil. Lower the heat and simmer for 2 minutes. Remove from the heat and stir in 2 tablespoons of the Parmesan, cayenne, and seasoning to taste. Cover the surface with plastic wrap until the pumpkin is tender. Remove the pumpkin from the oven, pour over the béchamel sauce, and stir until combined. Mix the topping ingredients together with remaining Parmesan and sprinkle over the pumpkin. Return the dish to the oven for 10 to 15 minutes until bubbling and golden. Serve immediately. This recipe yields 6 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Lentil Wild Rice

Serves 1

3 Garlic cloves; minced
1/4 cup Onion; minced
3 Tbs Soy sauce for sauté
3 cup Fresh pumpkin or squash puree
4 cup Vegetable broth
1 cup Beef-Not chunks
2 md White potatoes; chopped in small cubes
3 cup Fresh pumpkin chunks
1 cup Lentils
1/2 cup Wild rice
1/2 cup Brown rice

Sauté garlic & onions in soy sauce 'til they release their aromas, about three to five minutes. Use two cups vegetable broth to reconstitute the beef-not. Keep it aside. Add the puree and broth, chunks of one potato and all pumpkin chunks. Cook 'til potato chunks are tender, about 15 minutes, then puree the whole pan. Put back in pan. Add more broth if needed. Add rice and lentils and cook about 1/2 hour. Add the Beef-Not and the chunks from the second potato, cook 'til tender. Salt & Pepper to taste. You got soup!

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Macaroni and Cheese

Serves 1

1 lb Elbow macaroni; cooked
2 1/2 cup Pumpkin puree
1/4 cup Parmesan or cheddar cheese
1 1/2 cup Chopped cooked Swiss chard
1 1/2 tsp Thyme
5 oz Diced prosciutto; duck confit, ham,
; bacon - whatever
; flavor you desire
1/3 cup Bread crumbs

Butter a casserole dish. Mix 2 cups of the puree and all other ingredients together in dish. Spread 1/2 cup puree over the top of the mixture. Top with bread crumbs. Bake in a preheated 425 degree oven for about 20 minutes (longer if ingredients are cold when combined).

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Nutmeg Dinner Rolls

Serves 1

A; (1/4-ounce) package
; (about 2 1/2 ; teaspoons) active ; dry yeast
1/3 cup Sugar
3/4 cup Milk; heated to lukewarm
7 cup All-purpose flour; up to 8
1 tsp freshly grated nutmeg
1 tsp Salt
1 1/2 Sticks cold unsalted butter cut into bits (3/4 ; cup)
1 lg Whole egg; beaten lightly
2 cup Fresh pumpkin puree; (recipe precedes) or
; a 16-ounce can ; pumpkin puree
An egg wash made by beating 1 large egg
; yolk with 1 tablespoon water

In a small bowl proof the yeast with 1 teaspoon of the sugar in the milk for 5 minutes, or until the mixture is foamy. In a large bowl combine well 7 cups of the flour, the nutmeg, the salt, and the remaining sugar and blend in the butter until the mixture resembles coarse meal. Add the whole egg, the pumpkin puree, and the yeast mixture and stir the dough until it is combined well.

Turn the dough out onto a floured surface and knead it, incorporating as much of the remaining 1 cup flour as necessary to prevent the dough from sticking, for 10 minutes, or until it is smooth and elastic. Form the dough into a ball, transfer it to a well-buttered large bowl, and turn it to coat it with the butter. Let the dough rise, covered with plastic wrap, in a warm place for 1 hour, or until it is double in bulk. Turn the dough out onto a work surface, divide it into 14 pieces, and form each piece into a ball. Fit the balls into a buttered 10-inch spring form pan and let them rise, covered with a kitchen towel, in a warm place for 45 minutes, or until they are almost double in bulk. Brush the rolls with the egg wash and bake them in the middle of a preheated 350F. oven for 40 to 50 minutes, or until they are golden brown. Let the rolls cool slightly in the pan, remove the side of the pan, and serve the rolls warm. The rolls may be made 1 week in advance and kept wrapped well and frozen. Reheat the rolls, wrapped in foil, in a preheated 350F. oven for 25 minutes, or until they are heated through.

Makes 14 rolls.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin-Zucchini Fritters

Serves 1

**1 Egg
1/4 cup Milk
1/2 cup Flour
1 tsp Baking powder
1 tsp Pumpkin pie spices
1/2 cup canned pumpkin
1 Zucchini
2 Tbs Vegetable oil**

Put egg in mixing bowl. Add milk, flour and baking powder. Mix well. Stir in pumpkin pie spices. Fold in pumpkin and zucchini. Heat oil over medium-high heat. Cook by tablespoons in hot oil until golden brown. Drain on paper towels. Serve warm.

Approximately 8-10 minutes.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Soup

Creamy Pumpkin Curry Soup

Harvest Pumpkin Soup

Pumpkin and Black Bean Soup

Pumpkin and Macadamia Soup

Pumpkin Soup

Pumpkin Soup Served in Individual Roast Pumpkins

Pumpkin Soup with Asiago Cheese Croutons

Pumpkin Soup with Gruyere Cheese

Pumpkin Soup with Thai Green Curry Paste Croutons

Creamy Pumpkin Curry Soup

This soup is easy, different and satisfying.

Serves 6

2 Tbs butter
1 small onion, chopped
1 small garlic clove, pressed
2 tsp curry powder
1/2 tsp salt
1/4 tsp freshly-ground black pepper
1 can reduced-sodium chicken broth - (14 1/2 oz), plus
1 can water
1 can pumpkin puree - (15 oz)
3/4 cup coconut milk

Melt butter in a large saucepan over medium heat. Cook onion 5 minutes, until softened. Add garlic, curry powder, salt and pepper and cook 1 minute more.

Add broth, water and puree; mix well. Reduce heat to low. Cook, stirring occasionally, for 20 minutes. Stir in coconut milk.

Puree soup in blender in batches until smooth. Heat through before serving.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 132.0 calories; 78% calories from fat; 12.0g total fat; 6.0g carbohydrates; 2.0g fiber; 1.5g protein.

Harvest Pumpkin Soup

Serves 12

1 Tbs canola oil
2 onions, chopped
2 large carrots, peeled and chopped
2 medium potatoes
--cut into 1-inch cubes
1 cup dry sherry
8 cups reduced-sodium chicken broth, defatted
6 cups cubed fresh pumpkin
--or butternut squash
--3 pounds
1 cinnamon stick
1 bay leaf
1/2 tsp dried thyme
1/2 tsp ground nutmeg
salt & freshly ground black pepper, to taste
1/2 cup nonfat plain yogurt
1/4 cup chopped pistachios

In an 8-quart soup pot, heat oil over medium heat. Add onions, carrots and potatoes. Cook, stirring occasionally, until tender but not browned, 10 to 15 minutes. (Add 1 to 2 tablespoons water if needed to prevent scorching.) Add sherry and cook until liquid evaporates, 3 to 5 minutes. Add chicken broth, pumpkin (or squash), cinnamon stick, bay leaf and thyme. Bring to a boil, reduce heat and simmer, uncovered, until vegetables are tender, 35 to 45 minutes. Remove bay leaf and cinnamon stick. 2. In a blender or food processor, puree vegetable mixture in 4 batches. Return to pot and warm over low heat. Add nutmeg and season with salt and pepper. (The soup will keep, covered, in the refrigerator for up to 2 days. Reheat before serving.) 3. Ladle soup into warmed bowls; garnish with a swirl of yogurt and a sprinkling of pistachios.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 110.0 calories; 20% calories from fat; 2.0g total fat; 4.0mg cholesterol; 390.0mg sodium; 15.0g carbohydrates; 2.0g fiber; 3.0g protein.

Pumpkin and Black Bean Soup

Serves 4

2 Tbs extra-virgin olive oil
1 medium onion, finely chopped
3 cups canned or packaged vegetable stock
1 can diced tomatoes in juice - (14 1/2 oz)
1 can black beans - (15 oz), drained
2 cans pumpkin puree - (15 oz ea)
1 cup heavy cream
1 Tbs curry powder
1 1/2 tsp ground cumin
1/2 tsp cayenne pepper
Coarse salt, to taste
=== GARNISH ===
20 fresh chives, chopped or snipped

Heat a soup pot over medium heat. Add oil. When oil is hot, add onion. Sauté onions 5 minutes. Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil.

Reduce heat to medium-low and stir in cream, curry, cumin, cayenne and salt, to taste. Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 394.0 calories; 47% calories from fat; 21.4g total fat; 46.3mg cholesterol; 980.0mg sodium; 983.5mg potassium; 42.8g carbohydrates; 12.1g fiber; 4.8g sugar; 12.4g protein.

Pumpkin and Macadamia Soup

Serves 6

1 Tbs macadamia or olive oil
1/2 cup roughly-chopped macadamias
1 small onion, chopped
1 tsp grated ginger
3 cups diced or canned pumpkin
1 small tart apple, chopped
3 cups chicken stock
Sour cream, for topping
Whole or halved macadamias, roasted for garnish

Heat oil in a heavy based pan; add the macadamias, onion and ginger and sauté for 2 to 3 minutes, or until golden brown.

Add the pumpkin and apple and cook 2 to 3 minutes then pour over the stock. (If using canned pureed pumpkin, add only the apple in the step above, and add pumpkin now.) Cover and simmer for 20 minutes or until pumpkin/apples are soft.

Transfer mixture to a blender and process until smooth and creamy.

Serve in large bowls with a swirl of sour cream and a few roasted macadamias tossed over for garnish.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 238.4 calories; 51% calories from fat; 14.3g total fat; 3.6mg cholesterol; 499.9mg sodium; 456.8mg potassium; 24.4g carbohydrates; 5.0g fiber; 5.3g sugar; 6.0g protein.

Pumpkin Soup

Serves 4

2 cups water
1 small onion, chopped
1 cup canned pumpkin - (8 oz)
1 cup unsalted vegetable broth
1/2 tsp cinnamon
1/4 tsp nutmeg
1 cup skim milk
Freshly-ground black pepper, to taste
Chopped green onion tops

Place onion into saucepan. Add small amount of the 2 cups water and cook onion until tender (about 3 minutes). Do not let onion dry. Add the pumpkin, broth, remaining water, cinnamon and nutmeg. Bring to a boil, reduce the heat and simmer for 5 minutes.

Reduce heat to low, add the milk and reheat until hot. Do not boil. Season with pepper and garnish with green onion tops. May also add more cinnamon or nutmeg for a different taste.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 50.0 calories; 40.0mg sodium; 10.0g carbohydrates; 1.5g fiber; 3.0g protein.

Pumpkin Soup Served in Individual Roast Pumpkins

Serves 6

6 small unblemished pumpkins -; (6" to 7" dia)
1 tsp Ground cinnamon
1/2 tsp Ground cumin
1/2 tsp Ground nutmeg
1/2 tsp Ground allspice
1/4 tsp Cloves
2 1/2 tsp Salt
3/4 tsp Freshly-ground black pepper
2 Tbs Butter
1 Tbs Olive oil
1 md Pumpkin -; (10" to 11" dia)
2 lg Onions; chopped
4 Garlic cloves; minced or pureed
1 Yukon Gold potato; peeled and diced
6 cup Chicken or Vegetable Stock
1/2 cup Crema; (or creme fraiche or sour cream)

Preheat oven to 375 degrees. Prepare the small pumpkins as though you were making jack-o-lanterns, cutting off and reserving top, scooping out seeds and reserving, but stopping short of carving the face. Set aside. Repeat preparation with the medium pumpkin, then cut it into wedges along its natural grooves. Peel each wedge with a sharp swivel peeler. Cut flesh into 2 inch chunks and set aside. In a small bowl combine ground spices with 1/2 teaspoon salt and 1/4 teaspoon pepper. Sprinkle this mixture into pumpkin cavities, dividing evenly. Cut 1 tablespoon butter into bits and divide between pumpkins. Replace pumpkin tops and place pumpkins in a shallow roasting pan. Roast 30 to 40 minutes (verify) until tender when pierced with a knife but still intact. Remove from oven and set aside. While pumpkins are roasting, prepare the soup: Heat remaining butter along with olive oil over medium-high heat in large pot or Dutch oven until foamy. Add onions and remaining salt and pepper and cook 5 minutes until softened and beginning to color. Add garlic and cook 1 minute to release its flavor. Add diced potato, chunked pumpkin flesh and stock and bring to a simmer. Reduce heat and simmer 30 minutes until potatoes and pumpkin are completely soft. Pass soup through a food mill fitted with the fine blade into a clean pot. Whisk in cream, taste and adjust seasoning and set aside. Roasted pumpkins and soup should be done at about the same time. To serve, remove tops from pumpkins and use a melon baller to scoop balls of pumpkin flesh, leaving them in their respective pumpkins. Carefully ladle soup into each pumpkin, filling about 2/3 full. Replace pumpkin tops, place each pumpkin on a plate, and serve. This recipe yields 6 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Soup with Asiago Cheese Croutons

Serves 4

2 Tbs Butter
1 cup finely chopped onion
2 Garlic cloves; minced
1 Tbs Flour
1 pinch Ground nutmeg
1 pinch Allspice
2 1/2 cup Seeded; peeled, diced fresh pumpkin
2 1/2 cup Chicken broth
2/3 cup Orange juice
2 Tbs Honey
Salt and pepper; to taste
12 Baguette bread slices
1/2 cup Grated Asiago cheese
(or other cheese such as Parmesan or Romano)

Melt butter and sauté onions and garlic for about three to four minutes. Stir in flour, spices and pumpkin. Cover and cook for six minutes. Add chicken broth, orange juice, and honey. Cover, bring to a boil and simmer for 20 minutes, until the pumpkin has softened. Cube bread slices, top with grated Asiago cheese and broil for a few minutes. Be careful to not burn the cheese. Remove croutons from oven. Process half of the soup mixture in food processor and return to soup pot while stirring to blend. Season with salt and pepper. Ladle soup into bowl, top with croutons, and serve with salad. Serves 4.

Comments: When buying pre-cut pumpkins, make sure that the pulp is firm, not fibrous. Pumpkins contain a great deal of water and cook down to about half the precooked bulk. Asiago is a sweet-tasting, semi-cooked, semi-fat cheese made from cow's milk. Covered with a rind, the interior of the cheese is white in color (more golden if aged), and contains holes or small cracks.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Soup with Gruyere Cheese

Serves 1

3 oz Gruyere cheese; (finely grated)
3 Tbs Butter
1 Onion; cut into 1/4 inch
; size dices
1 Clove garlic; (finely chopped)
1 Sugar pumpkin; scooped out, seeded
; and cut into wedges
2 1/2 lb White pepper
3 pint Vegetable stock
1 tsp Thyme leaves; finely chopped
8 fl oz Cream
1/2 Glass of white wine

Preheat the oven at 200C/400F/gas 6.

Bake the pumpkin or squash the wedges/slices on a lightly oiled baking sheet, containing a touch of oil, salt and pepper, until the skin is wrinkled and the flesh is soft, after approx.1 hour . Remove the pumpkin from the oven and when it is cool enough to handle, scoop out the flesh and peel off the skin. Reserve the caramelized juices for the stock.

Heat a soup pot, melt the butter and add the onion, and cook it all over a medium heat for approximately 5 minutes and then add the garlic and the thyme for them to sweat. Add the juices of the wine and 1 level coffee spoon of white pepper and then add in the pumpkin and stir.

Cook the vegetable stock for 25 minutes - bring it to the boil and then let it simmer. remove it from the heat, and fill the liquidizer with it, only 2/3 full - as it hot - and then start to blend but only on the low blender and then build up the speed after 30 seconds - and then put it through a sieve and then to the bowl. Repeat this with the rest of soup.

Using a clean saucepan, return the soup to the heated saucepan, and then add the cream and blend it in by stirring continuously and season with salt and the white pepper and then finally stir in the gruyere cheese, which is added just before serving to melt it in to the soup.

Serve the soup in a bowl, with some thyme leaves on the top.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin Soup with Thai Green Curry Paste Croutons

Serves 1

SOUP

4 cup Chicken stock

2 oz Heavy cream

6 cup Pumpkin puree; (recipe below)

CROUTONS

1 Tbs Plus 1 teaspoon extra virgin olive oil

1/2 tsp Green curry paste

5 slices White bread; crust removed

PUMPKIN PUREE

1 Chinese pumpkin; (6 pound)

1 1/2 cup Water

2 Tbs Butter

Simmer stock, puree and heavy cream until desired consistency. Bake diced bread on a sheet pan in the oven at 450 degrees until browned. Meanwhile, mix olive oil and green curry in a bowl. Remove bread from oven and place in the bowl, covering it with curry. Place bread crumbs back into oven until crisp.

Variations on soup: Lemon grass added to stock while heating.

PUMPKIN PUREE:

Remove skin from pumpkin and chop the meat into small pieces. Heat butter in a sauté pan and add the pumpkin. Add the water and simmer covered for about 20 minutes or until the pumpkin is tender. Remove the pumpkin meat and mash it by hand or in a food processor.

Yield: 9 cups

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Pumpkin-Peanut Soup

Serves 1

2 md baking potatoes; peeled and cut into 2" pieces
1 cup Buttermilk
1 Tbs Margarine
2 cup canned pumpkin
2 Tbs Chunky peanut butter
2 cup Low-sodium vegetable stock
1 1/2 cup Skim milk
1/4 tsp Ground cinnamon
1/8 tsp Grated nutmeg
2 tsp Lemon juice

Place the potatoes in a 2-quart saucepan; add cold water to cover. Bring to a boil over medium-high heat. Reduce the heat to low; cover and simmer for 15 to 20 minutes, or until fork tender. Drain well.

Transfer the potatoes to a blender. Add the buttermilk and process until smooth.

In a 3-quart saucepan over medium heat, melt the margarine. Stir in the potato mixture, pumpkin and peanut butter; mix until smooth. Stir in the stock, milk, cinnamon and nutmeg; cook, stirring frequently, for 4 to 5 minutes, or until heated through. Remove from heat and stir in the lemon juice.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 246.0 calories; 31% calories from fat; 8.7g total fat; 4.0mg cholesterol; 236.0mg sodium; 4.5g fiber.

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