

APPLES AND ARUGULA WITH Pumpkin & Ricotta ON TOAST



PORTION: 1 slice
SERVES: 4

INGREDIENTS

1 cup Canned Pumpkin	1/2 tsp Ground Black Pepper
1/4 cup Ricotta Cheese, Part Skim	1 Tbsp, 1 tsp Fresh Orange Juice
1 Tbsp Ground Cumin	1/4 cup Green Onions, Thinly Sliced
2 tsp Lemon Juice	4 slices Sourdough Bread, Sliced
1 cup Arugula Lettuce Leaf	1/2 cup Fresh Peeled Apples, Sliced
1 Tbsp, 1 tsp Extra Virgin Olive Oil	

METHOD

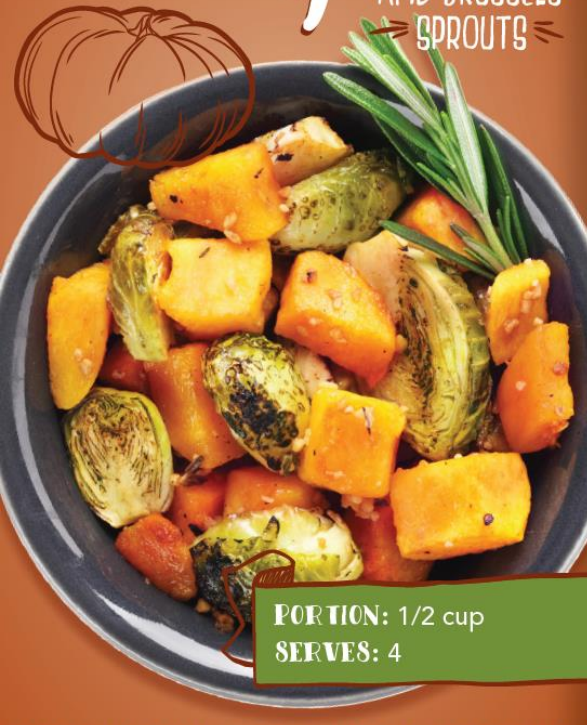
1. Mix the pumpkin, ricotta, cumin, lemon juice and pepper together well. Set aside.
2. In a bowl toss the Arugula with the orange juice and the apple slices. Set aside.
Use artisanal sourdough loaves, sliced about 1/2 inch thick. Brush both sides with olive oil and grill on a hot grill, griddle or Panini press until toasted.
3. Spread the pumpkin mixture over the toast and top with the Arugula-Apple mix.
Garnish with sliced green onions.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
180	7g	1.5g	25g	6g	3g	190mg

SUPERFOOD

BALSAMIC ROASTED Pumpkin AND BRUSSELS SPROUTS



PORTION: 1/2 cup
SERVES: 4

INGREDIENTS

2 cups Pumpkin, Cubed	1 Tbsp Fresh Thyme, Chopped
2 cups Brussels Sprouts	1/4 tsp Salt
2 Tbsp Canola Oil	1/8 tsp Fresh Ground Black Pepper
1 Tbsp Garlic Cloves, Minced	

METHOD

1. Halve the Brussels sprouts. Toss pumpkin cubes and Brussels sprouts with oil, garlic, thyme, salt and pepper. Spread in a single layer on a sheet pan. Roast at 350F for 30 minutes.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
100	7g	0.5g	9g	3g	2g	135mg

SUPERFOOD

LEBANESE Pumpkin Hummus



PORTION: 1/4 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

1 ea Garlic Cloves, Peeled	1 cup Canned Pumpkin
1/2 tsp Lemon Juice	1/2 tsp Ground Cumin
1 Tbsp Olive Oil	2 cups Fresh Cilantro, Chopped
1 Tbsp Chili Powder	1/4 tsp Sesame Seeds, Toasted
1 tsp Salt	1/4 tsp Sesame Seeds, Black
2 Tbsp Sesame Paste, Tahini	

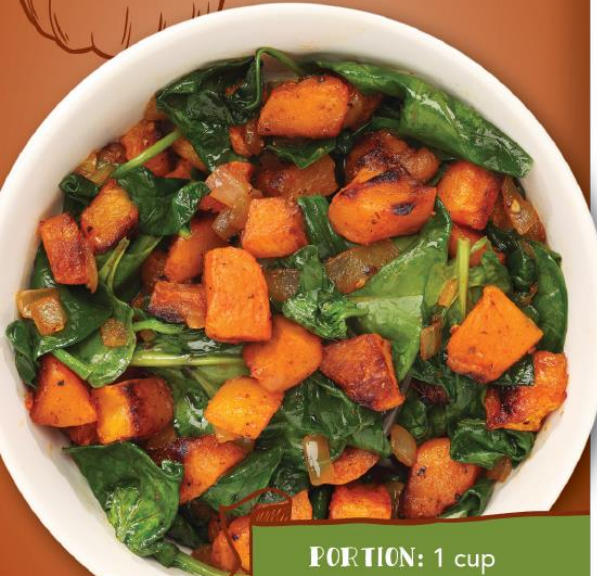
METHOD

1. Add the pumpkin, tahini, lemon, water, garlic, and spices into the food processor. Run the processor and stream in the olive oil a small amount at a time until the hummus is smooth. Once blended, remove from the food processor and place into the bowl you are serving it in. Garnish with sesame seeds and cilantro.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
110	8g	1g	9g	3g	4g	660mg

NIGERIAN Pumpkin & Spinach



PORTION: 1 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

2 lb Pumpkin, Fresh, Cubed	1/8 tsp Kosher Salt
2 Tbsp Canola Oil	1/8 tsp Finely Ground Black Pepper
1/4 tsp Smoked Paprika	
4 cups Baby Spinach	
1/3 cup Onions, Finely Chopped	
1 tsp Curry Powder	

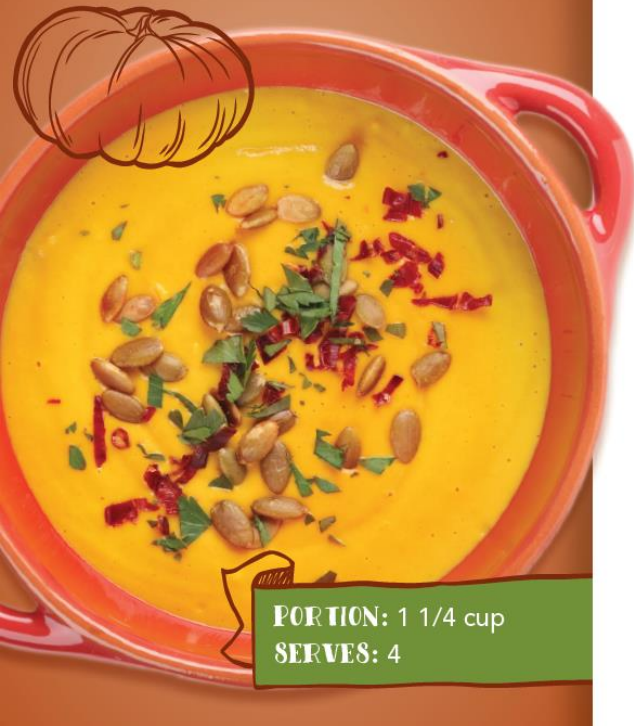
METHOD

1. Toss the pumpkin with 1 Tbsp of oil and roast in 350F oven until the pumpkin is fork tender and lightly caramelized, about 20-30 minutes.
2. In a sauté pan add 1 Tbsp of oil. Add onions and sauté until translucent. Add spinach, curry powder and paprika. Toss the mixture to wilt the spinach. Season with salt and pepper. Add the roasted pumpkin to the sautéed mixture and toss to coat. Serve immediately.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
100	7g	0.5g	10g	2g	2g	85mg

COCONUT
Pumpkin Soup
 WITH TOASTED PEPITAS



PORTION: 1 1/4 cup
SERVES: 4

INGREDIENTS

1 ea Leeks	1 2/3 cup, 1 tsp Coconut Milk
1 Tbsp Unsalted Butter	1/4 cup Pumpkin Seeds, Hulled
1 Tbsp Olive Oil	1/2 tsp Canola Oil
1 tsp Salt	1/4 cup Fresh Cilantro, Chopped
1/4 tsp White Pepper	2 ea Dried Guajillo Chili Peppers
1 lb Pumpkin, Cubed	

METHOD

1. Clean the green part from leeks and discard. Place leeks in a bowl of water to soak. Remove from the water and repeat to thoroughly clean the leeks. Pat the leeks dry, then shred the leeks. Heat butter and oil in a heavy duty sauce pot on medium high heat and add leeks. Season with salt and white pepper. Reduce heat to medium low and cover pot. Cook until leeks are tender.
2. Steam or boil pumpkin in water until tender. Add pumpkin and coconut milk to leeks and heat through. Puree mixture with an immersion blender or in a blender or food processor until smooth. Season to taste with salt and pepper.
3. Preheat oven to 375F. Arrange pumpkin seeds on a sheet pan in a single layer. Drizzle with oil. Bake in preheated oven for about 7 minutes, or until light brown and crispy.
4. To serve, slice Guajillo Chilies in half. Heat soup to a boil and ladle into bowls. Top each bowl with toasted pumpkin seeds, sliced chilies and chopped cilantro.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
340	9g	1.5g	31g	32g	4g	310mg