

# Annie's Organic Buying Club

*making organics affordable for everyone!*



**Asparagus & Green Beans** pair well together since they are similar shape. They can both be roasted, steamed, sautéed, stir-fried mixed with one another, other veggies or on their own. You can add leftover cooked asparagus or green beans to a salad, soup, or your breakfast frittata or omelet.

Basics on Asparagus: Wash. Hold it and snap toward the bottom, wherever it snaps is where the tough part is that you will discard (or you can add to water to make an asparagus broth/soup with garlic and onions but just be sure and discard once the love is cooked out of them.) Fun Fact: um, how do I put this delicately, after you eat Asparagus, the next time you pee, it will smell different.

## **Asparagus and Smoked Salmon Bundles** by Giada De Laurentis

- 1 bunch asparagus, ends trimmed (about 20 spears)
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh rosemary leaves
- Pinch kosher salt
- Pinch freshly ground black pepper
- 4 to 6 ounces thinly sliced smoked salmon (1 slice per asparagus spear)

Preheat the oven to 400 degrees F.

Lay the asparagus on a foil-lined baking sheet. Drizzle with olive oil. Sprinkle with rosemary, salt, and pepper. Roast until cooked and starting to brown around the edges, about 10 minutes. Remove from the oven and transfer to another baking sheet to cool.

Once the asparagus have cooled, wrap each spear in a slice of smoked salmon. Arrange on a serving platter and serve at room temperature.

### **Asparagus & Lemon Chicken over Rice** by Cathy Lowe

- 2 tablespoons olive oil
- 1 whole boneless and skinless chicken breast, cut into 1/2 inch slices
- Salt and pepper
- 4 cloves garlic, minced
- 1/2 red pepper, seeded and diced
- 1/2 pound asparagus, trimmed and cut into 1-2 inch pieces
- 1 teaspoon lemon zest
- 1/2 cup water, white wine or chicken stock
- 3 cups cooked rice

In a large non-stick skillet heat the oil over medium high heat. Season the chicken pieces with the salt and pepper and add to the skillet. Cook the chicken until golden brown, about 5 minutes. Stir in the garlic and red pepper. Add the asparagus and cook for 1 minute. Stir in the zest and 1/2 cup liquid and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice. Copyright (c)

### **Asparagus & Parmesan-Egg Crumb Topping** by Ellie Krieger

- 2 slices whole-wheat bread, crusts removed
- 1 hard-boiled egg
- 3 tablespoons chopped parsley leaves
- 1/2-ounce (1/4 cup) freshly grated Parmesan
- 1/4 teaspoon salt
- Pinch pepper
- 2 pounds asparagus, washed, ends snapped off

Pulse the bread in the bowl of a food processor until it becomes fine crumbs. Spray a nonstick skillet with cooking spray and heat pan over medium-high heat until hot. Lower heat to medium, add bread crumbs to the skillet and toast, tossing often, until crumbs are golden brown and toasted, about 5 to 6 minutes. Remove from heat and cool completely.

Grate egg in the medium-sized holes of a box grater or on a medium microplane grater (used for grating chocolate or cheese). Combine the egg, bread crumbs, parsley, cheese, salt, and pepper in a medium-sized bowl and toss to combine.

Steam the asparagus until firm, but tender, about 3 to 4 minutes. Arrange asparagus on a serving platter and top with Parmesan-Egg Crumb Topping. (Note: 1 serving = 1/4 pound asparagus, plus 1/4 cup topping) Copyright (c)

### **Simple Prepared Asparagus:**

- Bunch of Asparagus
- Olive Oil
- Garlic
- Sea Salt

Add asparagus to a warm pan with some olive oil and garlic and stir fry. You can chop in pieces on a diagonal or leave it whole. If they are thicker spears add 1/8 cup of water and cover to steam and then uncover to sauté a bit. You want them crisp-tender.

### **Asparagus Quiche by [asparagusrecipes.net](http://asparagusrecipes.net)**

- One nine-inch pie shell
- 3 eggs
- 1 green onion, chopped
- 1 onion caramelized
- 1 cup of shredded Swiss cheese
- 1 cup of shredded cheddar cheese
- 1 cup of asparagus, cooked, chopped
- ½ cup of milk
- ½ cup of cream

Mix together all of the ingredients as above and pour into the pie shell. Bake at 375°F (190°C) for 45 minutes, or until a toothpick inserted near the middle comes out clean. Allow to stand for 5-10 minutes before serving.

### **Asparagus Frittata**

- 1 scallion, chopped
- 6 eggs
- 1 cup of shredded cheese, fontina or parmesan is nice
- ¼ cup of milk, half and half or cream
- left over asparagus, cooked, chopped
- Olive oil or butter
- Sea salt

A frittata is basically a crust-less quiche but is a fun twist for breakfast, brunch, lunch or even a nice dinner with a side salad. Heat oven 375F.

Heat pan on medium heat. Add a tablespoon of oil or butter. Add sliced onions and caramelize slowly, 15 – 20 minutes until golden. In the meantime, mix the eggs, cheese, and milk. Add in the asparagus (or any other vegetable.) Once the onions are caramelized, add the egg mixture to the pan on the stove top. As it begins to set, after a couple minutes, move it to the oven and cook for 10 – 15 minutes until it begins to brown on top and gets puffy.

### Fresh Asparagus or Green Beans in Carrot Rings by PerfectEntertaining.com

A unique way to serve a vegetable ~ Serve one or more of these on each dinner plate along with the main entrée

- 1 large, fat carrot, peeled (the largest carrot you can find)
- Small fresh green beans or use pencil size fresh asparagus
- Kosher Salt and pepper
- Butter



Cut notches around the carrot lengthwise with a sharp knife; slice crosswise into about 1/4-inch rounds. Ream out the center of each carrot round, being careful not to break the ring.

If using green beans, snip the stem end off each bean. If using pencil sized asparagus, use the tips only, and cut them approximately 4 inches long.

Put the beans (or asparagus) inside the carrot ring (usually 2 to 4 beans or asparagus will fit into a carrot ring). Steam them until tender crisp; toss gently being careful not to break the carrot ring, with salt, pepper, butter and serve.



### Steamed Asparagus and Green Beans With Fresh Lemon-Basil Dip by SouthernLiving

- 1 cup chopped fresh basil
- 2 cups mayonnaise
- 1 (8-ounce) container sour cream
- 2 tablespoons grated lemon rind
- 1/4 teaspoon salt
- 4 pounds fresh asparagus
- 2 pounds fresh green beans, trimmed
- Garnish: fresh basil leaves

Whisk together first 5 ingredients until blended. Cover and chill.

Snap off tough ends of asparagus. Cook asparagus in boiling water to cover 2 to 3 minutes or until

crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.

Cook beans in boiling water to cover 3 to 5 minutes or until crisp-tender. Plunge into ice water to stop the cooking process; drain.

Cover and chill vegetables until ready to serve with dip. Garnish dip with fresh basil, if desire



**Green Bean Asparagus Salad** by  
SouthernGraceGourmet.com

- 1 lb fresh green beans
- 1 lb fresh asparagus
- 1/2 red onion, chopped
- 1/4 cup fresh parsley, chopped finely
- 2 cups cherry tomatoes, sliced in half
- Kosher salt
- Pepper
- 2 tablespoons Olive oil
- Additional olive oil for roasting
- The juice of 1 lemon

Preheat oven to 400 degrees. Prepare green beans by washing and snapping of ends. Cut in bite size pieces. Put in a roasting pan and drizzle with olive oil and sprinkle with kosher salt. Let the beans roast until tender, about 20 minutes. The asparagus will take less time so add them about 10 minutes into the roasting time of the green beans.

Prepare the asparagus by washing and snapping off the woody ends. Cut in bite size pieces and put in a roasting pan and drizzle with olive oil and sprinkle with kosher salt. Chop the onions, tomatoes, and parsley. Put all vegetables in a large bowl and add the lemon juice, pepper, more olive oil to taste.

**Asparagus & Green Bean Salad** by Rachael Ray

- Salt
- 1/2 pound green beans, trimmed of stems
- 3/4 pound regular or pencil asparagus, trimmed of rough ends, a small bundle
- 1/2 red onion, thinly sliced
- 1 cup flat-leaf parsley, a couple of handfuls
- 1 lemon, zested and juiced
- 1/2 cup basil, 12 leaves, a couple of handfuls
- 1 small clove garlic, cracked from skin
- 1/4 cup grated Parmigiano-Reggiano or Romano, a generous handful
- 1/3 cup extra-virgin olive oil, eyeball it
- Salt and pepper
- 2 plum tomatoes, seeded then thinly sliced lengthwise

Bring 1-inch of water to a boil, add salt then green beans, cover and cook 2 minutes, then add asparagus and cook 3 minutes more. If using pencil asparagus, blanch for 1 to 2 minutes. Drain well and cold shock vegetables in ice water to stop cooking process. Drain the vegetables on clean kitchen towels to dry completely. Thinly slice the green beans lengthwise on an angle; pile them together and run your knife through them cutting them into 2-inch pieces. Halve the asparagus lengthwise if thicker, leave in spindles if thin, then cut the spears into 2-inch pieces on an angle. Combine the beans, asparagus, 1/2 cup of parsley and onion in a shallow bowl.

Combine the lemon zest and juice, remaining 1/2 cup of parsley and herbs in a food processor with cheese. Turn processor on and stream in extra-virgin olive oil. Season the dressing with salt and pepper and pour over the salad. Season the sliced tomatoes with salt and garnish salad with them.

### **Orange-Balsamic Chicken with Asparagus, Green Beans & Polenta** by Rachael Ray



- 4 pieces skinless, boneless chicken breast
  - Salt and pepper
  - 2 tablespoons extra-virgin olive oil (EVOO)
  - 1/2 pound thin green beans, ends trimmed
  - 1 small bunch asparagus, trimmed and tops halved on an angle
  - 2 1/2 cups chicken broth, plus more if needed
  - 1 1/2 cups milk
  - 1 teaspoon grated peel and the juice of 1 orange
  - 1 cup quick-cooking polenta
  - 4 tablespoons butter
  - 2 tablespoons flour
- 2 tablespoons balsamic vinegar

Season the chicken with salt and pepper. In a large skillet, heat the EVOO, 2 turns of the pan, over medium-high heat. Add the chicken and cook, turning once, for 12 minutes. Transfer to a plate and cover with foil. Reserve the skillet.

Meanwhile, fill a medium saucepan with enough water to reach a depth of 2 inches; bring to a boil and salt it. Add the green beans and cook for 3 minutes, then add the asparagus and cook for 2 minutes; drain.

In another saucepan, bring 1 1/2 cups chicken broth, the milk and orange peel to a boil. Whisk in the polenta and cook for 2 minutes for a creamy consistency, whisking in a little more broth if needed. Whisk in 2 tablespoons butter and cover to keep warm.

In the reserved skillet, melt the remaining 2 tablespoons butter. Whisk in the flour and cook for 1 minute. Whisk in the vinegar, then the orange juice, then the remaining 1 cup chicken broth; simmer until slightly reduced, 2 to 3 minutes. Stir in any juices from the chicken; season with salt and pepper.

Slice the chicken thinly on an angle. To serve, mound the polenta in shallow bowls or onto plates and top with the asparagus, green beans and chicken. Drizzle the orange-balsamic sauce on top.



### Roasted Asparagus by SimplyRecipes.com

- 1 lb asparagus spears (thick spears are best for roasting)
- 1-2 Tbsp olive oil
- 2 cloves garlic, minced
- Kosher Salt
- Freshly grated black pepper
- Lemon juice

Preheat oven to 400°F. Rinse clean the asparagus. Break the tough ends off of the asparagus and discard. Lay the asparagus spears out in a single layer in a baking dish or a foil-covered roasting pan. Drizzle olive oil over the spears, roll the asparagus back and forth until they are all covered with a thin layer of olive oil. (Alternatively you can put the asparagus and oil in a plastic bag, and rub the bag so that the oil gets evenly distributed.) Sprinkle with minced garlic, salt, and pepper. Rub over the asparagus so that they are evenly distributed.

Place pan in oven and cook for approximately 8-10 minutes, depending on how thick your asparagus spears are, until lightly browned and tender when pierced with a fork. Drizzle with a little fresh lemon juice before serving.

**Roasting Vegetables:** Roasting vegetables is the easiest, quickest and sometimes tastiest way to prepare them. The sweetness and flavors are intensified. The process is the same for any just the timing will be different depending upon the size of the veggie. Preheat an oven to 375. (You can roast anywhere from 375 to 425F.) Cut veggies into even sized pieces. Drizzle with olive oil. Toss to coat. Lay flat on a cookie tray. Sprinkle on sea salt. Roast until you see the brown caramelizing of the vegetable. Usually 15- 30 minutes, depending upon the thickness and kind of vegetable. If roasting leafy greens, they will get crispy on the outside and will cook fast so watch them! Roasted Green Beans have become a family favorite.

### Roasted Green Beans by RecipeZaar

- 1 lbs green beans
- 1 tablespoon olive oil (or just enough to lightly coat beans)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh ground pepper

Preheat oven to 400°F. Wash, dry well, and trim green beans. Put green beans on a jelly roll pan. Drizzle with olive oil. Sprinkle with salt and pepper to taste (I like them salty so I use about 1 1/2 teaspoons of salt and about 8-10 grinds of the pepper mill). \*Mrs. Dash may be substituted for salt and pepper as desired. Use your hands to be sure all the beans are evenly coated and spread them out into 1 layer. Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled. Serve hot or at room temperature.



**Green Beans, Spinach & Yellow Squash with Sausage** adapted from [CollegeCeliac.Blogspot.com](http://CollegeCeliac.Blogspot.com)

- 1 lb. green beans
- 1 tablespoon olive oil
- 1/2 lb. meat (optional)
- 1 large onion, chopped
- 1 bulb garlic, mined
- 2 large yellow summer squash
- 1 bunch spinach
- 1 tablespoon soy sauce
- 1 teaspoon honey
- scant 1/4 cup chicken stock or water
- 1 teaspoon cornstarch



Blanch the Green Beans by dropping into boiling salted water for two minutes and then removing to an ice bath. Wash spinach in a sink full of water, agitate, dirt will fall to the bottom while the leaves float on top. Trim bottom ever so slightly, stems are sweet! Chop up spinach.

Sauté the optional sausage (or other meat) until golden. Add onions and garlic and sauté 2-3 minutes. Add yellow squash and sauté 2-3 minutes until tender. Add green beans to warm through and spinach until wilted. Make a slurry of last ingredients and add to pan. Toss to coat.

**Green Bean and Yellow Squash Casserole** by [FoodLovesWriting.com](http://FoodLovesWriting.com)

- 1 medium yellow squash, trimmed, halved lengthwise, and sliced crosswise 1/8 inch thick
- 1/4 cup olive oil
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 medium onions, chopped (2 cups)
- 4 1/4 cups green beans, trimmed and chopped
- 1 1/2 cups chopped green onions
- 7 tablespoons unsalted butter
- 4 slices firm white sandwich bread with crust, coarsely ground in a food processor (about 2 1/4 cups)
- 1/4 cup all-purpose flour
- 1 3/4 cups reduced-sodium chicken broth (14 fl oz)
- 1 cup sour cream



Put oven rack in lower third of oven and put a large shallow baking pan on rack, then preheat oven to 475°F.

Toss 1/3 of squash with 1 tablespoon oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl, then spread in preheated baking pan in 1 layer and roast in oven, stirring once, until tender, 12 to 15 minutes. Transfer squash to a large bowl. Roast remaining squash in 2 batches in same manner, tossing with 1

tablespoon oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper (per batch) just before roasting and adding to bowl when done.

Toss green beans, onions and green onions with remaining tablespoon oil, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper in another large bowl, then spread in baking pan and roast, stirring once, until onions are golden, 8 to 10 minutes. Transfer to bowl with squash.

Move oven rack to middle position and reduce oven temperature to 400°F.

Melt 3 tablespoons butter in a saucepan and remove from heat, then add bread crumbs and a pinch of salt, tossing to coat crumbs. Spread evenly in cleaned baking pan and bake, without stirring, until pale golden, about 5 minutes.

Melt remaining 4 tablespoons butter in a 3-quart heavy saucepan over moderately low heat, then whisk in flour and cook roux, whisking constantly, 3 minutes. Add broth, whisking, and bring to a boil, whisking. Reduce heat and simmer, whisking occasionally, 3 minutes. Remove from heat and cool 5 minutes, whisking occasionally, then whisk in sour cream and salt and pepper to taste. Pour sauce over squash mixture and stir gently until combined well.

Butter a 13- by 9- by 2-inch glass or ceramic baking dish (3-quart capacity), then spread squash mixture evenly into it and sprinkle with bread crumbs. Bake casserole until golden and bubbling, 15 to 20 minutes. Serve immediately.

#### **Marinated Squash and Green Beans** adapted from Saveur by CaviarAndCodfish.com



We had this with some codfish lightly battered in flour and Urban Accents Pride of Prague spice blend, which has notes of paprika, fenugreek, dill, caraway, nutmeg, and pepper. Very delicious.

- 1/4 good olive oil
- salt, pepper
- 3 or so yellow squash
- 1.5 pounds green beans
- a few handfuls of button mushrooms
- 4-5 scallions, chopped
- fresh dill, to taste
- 1/4 cup sherry vinegar

Bring a pot of salted water to a boil. Julienne squash and set aside. Trim green beans and cut in half crosswise (or lengthwise if you don't mind the extra work). Slice mushrooms. Once the water is boiling, add vegetables and blanch for a minute or two. Drain well, trying to rid of any extra water—shaking the colander around helps.

In a medium bowl, add all the vegetables while they are still warm, then add the vinegar, oil, dill and scallions. Salt and pepper. Let cool for an hour or longer. Season with more dill, salt, or pepper to taste. Serve with a drizzle of that good olive oil.



**Spinach** by SimplyRecipes.com

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste

**1** Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.

**2** Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.



**3** Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.

**4** After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

### **Spinach Cucumber Soup Recipe** by CalorieCount.About.com

- 3 • cups Spinach (chopped)
- 1 • cup Cucumber (chopped)
- 3 • cups Water
- 1 • tablespoon Butter
- 1/2 • teaspoon Black pepper
- 1/2 • teaspoon Cumin powder
- 1/2 • teaspoon Ginger paste
- 2 • tablespoon Lemon juice
- 1 • Salt to taste
- 1 •

Put spinach and cucumber in a saucepan along with water and cook until tender on medium heat. Or pressure cook it (one whistle).

On cooling, blend it in electric blender to make smoothy paste.

Heat butter in a pan. Add black pepper powder, cumin powder, ginger paste, salt.

Add blended spinach-cucumber and lemon juice. Cook on medium heat for 5 minutes.

Serve hot

### **Cucumber and Tomato Salad** by Rachael Ray

- 1/2 English or seedless cucumber, diced
- 2 vine ripe tomatoes, diced
- Handful flat-leaf parsley, chopped
- 1/2 medium red onion, chopped
- 2 tablespoons red wine vinegar, a couple of splashes
- 3 tablespoons extra-virgin olive oil, eyeball it
- Salt and pepper

Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper, to your taste.

**Spinach, cucumber hummus wrap** by [CraftsandCandyRecipeoftheWeek.Blogspot.com](http://CraftsandCandyRecipeoftheWeek.Blogspot.com)

- 1 flour tortillas
- garlic hummus
- shredded cheddar cheese
- spinach leaves
- thinly sliced cucumber

Spread hummus onto wrap. Sprinkle lightly with cheese. Line with spinach and cucumbers roll up and enjoy.

**Grilled Romaine** by Alton Brown

- 1/2 cup red wine vinegar
- 2 hearts of romaine, rinsed and patted dry
- 1 tablespoon olive oil
- Freshly ground black pepper
- 1 cup finely grated Parmesan
- Vegetable spray, for pan

Place vinegar in shallow pan and place in the freezer. Allow the vinegar to freeze, approximately 2 hours. Once frozen, scrape with a fork to create a shaved ice texture. Return the vinegar to the freezer until ready to use.

Cut each heart of romaine in half lengthwise so that the root keeps each piece together. Lightly brush the cut side of the romaine pieces with olive oil. Season with the pepper. Place the cheese in a shallow pan large enough to lay the romaine in and press the cheese firmly onto the cut side of the romaine until it adheres.

Spray a nonstick griddle or saute pan with vegetable spray and preheat over medium-high heat. Place the romaine in the pan and cook until the cheese turns golden, approximately 1 to 2 minutes Place the romaine, cheese side up onto plates and sprinkle with the vinegar ice. Serve immediately.

**Avocados** are actually a fruit, but we eat them as a vegetable. They add texture, flavor and richness:

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that's fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar
- Dice and eat with morning eggs, add to a salad, slice and use in a sandwich or wrap.
- Avocado Pit Facial Scrub: [http://www.ehow.com/how\\_2252610\\_make-avocado-banana-exfoliating-scrub.html](http://www.ehow.com/how_2252610_make-avocado-banana-exfoliating-scrub.html)

#### **Soothing Green Soup** by GreenSmoothieQueen.com

- 1 small avocado
- some basil leaves
- garlic clove
- salt to taste
- juice of 1/2 lemon
- 1 tspn turmeric
- few sprigs parsley
- handful coral lettuce leaves
- cherry tomatoes (as many as want to eat with the soup)



Blend all ingredients except tomatoes with a little water until smooth. Pour over halved cherry tomatoes. Serve and enjoy!

#### **Raw Chocolate Mousse** by Raw Food

- ¼ cup pitted medjool dates, soaked
- ¼ cup maple syrup or agave nectar
- ¼ cup coconut oil
- ½ teaspoon vanilla
- 2 ripe avocados
- ¼ cup unsweetened fair trade cocoa powder
- ¼ cup cold water (or you can use milk if not raw)

Place everything except water in a food processor and pulse until smooth and creamy. Add water to reach desired consistency. Serve chilled or at room temperature.

## **PUMPKIN PIE SQUASH** also called Sugar Pumpkin

After you enjoy having your pumpkin around decorating, it's time to eat it! According to AllRecipes, [\[2\]](#) To prepare a pumpkin for pies or other recipes that use purees: cut the pumpkin in half. Cut off the stem and scoop out the seeds. Bake, cut-side down and covered with foil, for about 90 minutes in a 375 degree F oven, or until flesh is tender. Allow to cool, scoop out the flesh, and puree. Strain the puree for extra-silky smooth soups and custards.

Remember, you can dry the seeds and roast them too!

### **Thai Pumpkin Soup** By AllRecipes



- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 clove garlic, chopped
- 4 shallots, chopped
- 2 small fresh red chili peppers, chopped
- 1 tablespoon chopped lemon grass
- 2 1/8 cups chicken stock
- 4 cups peeled and diced pumpkin
- 1 1/2 cups unsweetened coconut milk
- 1 bunch fresh basil leaves

In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chilies, and lemongrass in oil until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk, and pumpkin; bring to a boil. Cook until pumpkin softens.

In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve with basil leaves.

### **Pumpkin Stew** by AllRecipes

- 2 pounds beef stew meat, cut into 1 inch cubes
- 3 tablespoons vegetable oil, divided
- 1 cup water
- 3 large potatoes, peeled and cubed
- 4 carrots, sliced
- 1 large green bell pepper, chopped
- 4 cloves garlic, minced
- 1 onion, chopped
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 (14.5 ounce) can whole peeled tomatoes, chopped
- 2 tablespoons beef bouillon granules
- 1 sugar pumpkin



Heat 2 tablespoons oil in a large saucepan over medium-high heat. Place beef in the saucepan and cook until evenly brown. Mix in the water, potatoes, carrots, green bell pepper, garlic, onion, salt and pepper. Bring to a boil. Reduce heat and simmer approximately 2 hours.

Dissolve the bouillon into the beef mixture. Stir in the tomatoes.

Preheat oven to 325 degrees F (165 degrees C).

Cut top off the pumpkin and remove seeds and pulp. Place the pumpkin in a heavy baking pan. Fill the pumpkin with the beef mixture. Brush outside of the pumpkin with remaining oil.

Bake in the preheated oven 2 hours, or until tender. Serve the stew from the pumpkin, scraping out some of the pumpkin meat with each serving.

### **Vegetarian Four Cheese Lasagna** by AllRecipes



- 2 cups peeled and diced pumpkin
  - 1 eggplant, sliced into 1/2 inch rounds
  - 5 tomatoes
  - 1 pint ricotta cheese
  - 9 ounces crumbled feta cheese
  - 2/3 cup pesto
  - 2 eggs, beaten
  - salt and pepper to taste
  - 1 (15 ounce) can tomato sauce
  - fresh pasta sheets
  - 1 1/3 cups shredded mozzarella cheese
- 1 cup grated Parmesan cheese

Preheat oven to 350 degrees F (175 degrees C).

Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time; cook until tender and wrinkly.

In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.

Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes. Sprinkle with half the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.

Bake in preheated oven 30 to 40 minutes, until golden and bubbly.

### **Fresh Pumpkin Pie** by FitnessandFreebies.com

- One medium sugar pumpkin pie squash
- 1 tablespoon vegetable oil
- one pie crust
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1 teaspoon salt
- Four eggs, lightly beaten
- 1 cup honey, warmed slightly
- 1/2 cup milk
- 1/2 cup heavy whipping cream

Cut pumpkin in half, and remove seeds. Lightly oil the cut surface. Place cut side down on a jelly roll pan lined with foil and lightly oiled. Bake at 325-degrees until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.

In large bowl, blend together 2-cups pumpkin puree, spices, and salt. Beat in eggs, honey, milk, and cream. Pour filling into pie crust. Bake at 400-degrees for 50 to 55 minutes, or until a knife inserted 1-inch from edge of pie comes out clean. Cool on a wire rack. Recipe makes one, 9-inch pie ( 8 servings).

### **Pumpkin Custard** by OldFashionedLiving.com

- 1 cup cooked, mashed pumpkin
- 1 tbsp. cornstarch
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1 cup milk
- 1 tbsp. browned butter
- 1 tsp. cinnamon
- 2 eggs, separated

Combine all ingredients except egg whites and mix well. Beat the egg whites until soft peaks and fold into pumpkin mixture. Spoon into a greased baking dish. Bake at 375 degrees for 40 minutes or until a knife comes out clean.

To cook pumpkin, wash, remove the seeds and strings, and cut into cubes about 2 inches in size. Cook the pumpkin pieces until soft in boiling water, a steamer or a pressure cooker till tender. You can also bake your pumpkins by cutting it in half, removing the seeds and baking it skin side up, for about an hour in a 325 degree oven. When it's tender, scrape the meat out of the skin and put it through a strainer, mash by hand or use a food processor. However you cook the pumpkin, you want to remove the strings and seeds, then mash the pumpkin. Cool it by placing it in a pan or large bowl that is sitting in cold water, stirring occasionally as it cools.

### **Pumpkin Pudding** by OldFashionedLiving.com

- 1 1/2 cups cooked and mashed pumpkin
- 1/4 tsp. ginger
- 1/4 tsp. nutmeg
- 1 tsp. cinnamon
- 3 eggs
- 1 tsp. salt
- 1 cup cream or half and half
- 1 tablespoon butter
- 2 tablespoons molasses
- 1/2 cup sugar
- 1/4 cup sweetened whipped cream
- 1/4 cup finely crushed nuts

Combine the pumpkin, sugar, spices and molasses. Beat until well mixed. Mix beaten eggs with milk and salt. Cook in double boiler until it reaches a soft custard stage-where it coats a spoon. Remove from the heat and mix well with the pumpkin mixture. Turn into six small baking dishes and set in a pan of hot water to bake at 350 degrees for 40 minutes. To serve, turn out and top with whipped cream and the crushed nuts. Serves 6.

### **Pumpkin Cheese Pie** by OldFashionedLiving.com

- 2 unbaked 9" pie shells
- 3 cups pumpkin puree, (fresh or canned)
- 1 cup light brown sugar, packed
- 1 1/2 tsp. cinnamon
- 1 1/2 tsp. ginger
- 3/4 tsp. nutmeg
- 3/4 tsp. cloves
- 3 eggs, slightly beaten
- 1 1/2 cup evaporated milk (1 large can)
- 1 1/2 tsp. vanilla extract
- Topping:
- 12 ounces cream cheese, softened
- 3/4 cup sugar
- 3 eggs, slightly beaten
- 1 1/2 tsp. vanilla extract

Preheat oven to 350 degrees. Combine all filling ingredients in a large bowl. Beat well. Divide between the two pie shells. Combine all topping ingredients in small bowl of electric mixer. Beat until smooth. Spoon mixture carefully over the pumpkin filling, dividing topping between the two pies. Bake for 50 to 60 minutes, or until knife inserted in center comes out clean. Cool on racks. Chill for 24 hours before serving.