

THE PERFECT PUMPKIN PAIRING

Pumpkin isn't just for pies anymore. Learn how to use pumpkin with savory flavors in our delicious Pumpkin Lentil Curry Soup and Harvest Salad with a Pumpkin Vinaigrette

Goals of the Class:

1. Identify 3 ways pumpkin can be utilized in savory dishes
2. Be able to use a base recipe and swap out your favorite ingredients and flavors
3. Identify pumpkin is a fruit or vegetable and name 3 health benefits

Did You Know?

- **½ cup** of pumpkin contains 50 calories, 0g saturated fat, 3g dietary fiber, 5 mg sodium and 250% DV of Vitamin A
- Pure canned pumpkin has just **1 ingredient**...Pumpkin!
- Pumpkin is **naturally gluten free** and is free of artificial colors, flavors and preservatives
- Pumpkin makes a **great swap** for the high-fat, high-calorie ingredients (oil, butter, eggs) commonly found in baked goods

Sustainability Spotlight:

- Each year, **145,000 tons** of pumpkin are processed in the United States. In tonnage this equals 664 Statues of Liberty
- **85%** of all canned pumpkin is plated, harvested and grown in Morton, Illinois: the “Pumpkin Capital of the World”
- It only takes **4 months** to grow a crop of pumpkins – from seed to harvest
- It only takes **2 hours** from the time a pumpkin is picked at the peak of ripeness to the time it is canned for distribution

Key Techniques & Helpful Hints

1. Always read through a recipe completely before starting
2. When baking chick peas, be sure to dry them completely so that they can get crispy
3. Add fresh herbs to a dish at the end, once cooking is complete
4. Store extra pumpkin out of the can in an air tight container

RECIPE

PUMPKIN LENTIL CURRY SOUP

4 servings

Ingredients

- 1-1/2 Tbsp. Garbanzo beans, drained and rinsed
- 1 pinch Curry powder
- 1 Tbsp. Lentils, Dry
- 2 Tbsp. Olive oil
- 1 Tbsp. Garlic clove, minced
- 1 Tbsp. Ginger, fresh, minced
- ¼ cup Onion, small dice
- ¼ cup Carrot, small dice
- ¼ cup Celery, small dice
- 1 Tbsp. Cider vinegar
- 1/2 cup Tomatoes, Diced, No Added Salt, Canned
- 2 tsp. Chicken base
- 1 pint Cold water
- 3/4 tsp. Curry Powder
- 1/4 tsp. Kosher salt
- 3/4 tsp. Coriander, ground
- 3/4 tsp. Smoked paprika
- 1/4 tsp. Cumin, ground
- 1 cup Libby's 100% Pure Pumpkin, Canned
- 1-1/2 tsp. Cilantro, chopped
- 1/2 cup Garbanzo beans, drained and rinsed
- 4 tsp. Cilantro, chopped

Directions

Preparation time = 10 minutes

Cook time = 20 minutes

1. Drain and rinse garbanzos. (First amount listed is for baking, second amount goes in the soup). Sprinkle with curry powder and toss well to coat. Bake in 400°F convection oven for about 10-12 minutes. Should be a little crispy on the outside but not dry and too hard to bite. Reserve
2. Cook lentils in simmering water until cooked through, about 15 minutes, drain and cool. Reserve
3. In a saucepot over medium high heat, add oil and carrot celery and onion, cook for 2-3 minutes until tender
4. Add garlic, ginger and spices and cook until fragrant. Be careful not to brown the garlic
5. Deglaze with vinegar for about 30 seconds. Add tomatoes with juice and cook for about 2 minutes
6. Add water, chicken base and pumpkin, stir and then simmer on low for about 10 minutes to let flavors marry
7. Turn off heat and add garbanzos (not the baked ones), lentils and cilantro. Taste and adjust seasoning
8. Divide evenly into 4 bowls and garnish with chopped cilantro and the baked garbanzo beans

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
155	8.3g	1.2g	17g	4.6g	5g	469mg

RECIPE

HARVEST SALAD WITH PUMPKIN VINAIGRETTE

4 servings

Ingredients

Salad

3 Tbsp.	Freekeh
8 cups	Mesclun mix
½ cup	Blue cheese crumbles
½ cup	Pistachios
½ cup	Cherries, dried

Dressing

¾ tsp	Garlic, minced
¾ tsp	Ginger root, minced
1 Tbsp.	Red onion, minced
2 Tbsp.	Libby's 100% Pure Pumpkin, Canned
2 Tbsp.	Cider vinegar
1 Tbsp.	Maple syrup
1/8 tsp	Kosher salt
2 Tbsp.	Olive oil

Directions

Preparation time = 10minutes

Cook time = 0 minutes

1. Cook freekeh in simmering water until done, about 15 minutes. Drain, rinse and cool. Reserve
2. Add garlic, ginger and onion to a small mixing bowl
3. Add pumpkin, vinegar, maple syrup and a tiny pinch of salt
4. Whisk ingredients together to combine. Slowly drizzle in oil while whisking constantly until all of the oil is incorporated
5. Taste and adjust seasoning if needed

To Plate:

1. Add greens and sprinkle blue cheese, pistachio and dried cherries on top
2. Drizzle with vinaigrette and enjoy!

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
380	19g	5g	42.5g	9.3g	7.6g	230mg