

Recipe Ideas

Use these recipes as a starting point for planning your own menu this week.

How to Roast a Pumpkin

Roast your pumpkin to enjoy now, or freeze it in a freezer safe bag for later this winter!

Appetizer

Pecan Sweet Potato Appetizers

Breakfast

Sweet Potato Hash and Eggs

Soup

Coconut Pumpkin Soup

Soup

Pumpkin Chili

Main Dish

Garlic Herb Chicken Sweet Potato and Broccoli Sheet Pan Meal

Main Dish

Gnocchi Mac and Cheese with Fall Vegetables

Side Dish

Roasted Sweet Potatoes with Scallions and Lime

Pairs well with chicken or fish, or can be paired with rice and beans for a vegetarian meal.

Side Dish

Twice-Cooked Potato and Leek Casserole

Sweet potatoes and white potatoes in the same dish! Topped with crisp rings of leeks-a fresh take on fried onions from a can.

Dessert

Fresh Pumpkin Pie

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INGREDIENTS

1 pie pumpkin
Salt and black pepper

DIRECTIONS

Preheat oven to 350°F. Line a baking sheet with parchment paper. Using a sharp knife, cut pumpkin in half lengthwise (removing the top and bottom is optional). Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings. Season the pumpkin flesh with salt and pepper and place flesh down on the baking sheet. Pierce skin a few times with a fork or knife to let steam escape.

Bake for 45-50 minutes or until a fork easily pierces the skin. Then remove the pan from the oven, let the pumpkin cool for 10 minutes, then scoop out and use for whatever dish you'd prefer!

If turning into purée, simply scoop pumpkin into a high-speed blender or food processor and blend until creamy and smooth. If it has trouble blending, add a little water.

Baked pumpkin and pumpkin purée will keep covered in the refrigerator for up to 1 week, or in the freezer for up to 3 months.

*Appetizer***Pecan Sweet Potato Appetizers****INGREDIENTS**

1 small sweet potato (5 to 6 oz)
2 Tbsp. sugar
1 Tbsp. water
1/4 tsp. ground cayenne pepper
1/2 cup chopped pecans
1 Tbsp. extra-virgin olive oil
3/4 cup thinly sliced red onion
2 Tbsp. apricot preserves
8 oz. can refrigerated crescent dough
1/2 cup crumbled feta cheese (2 oz)

DIRECTIONS

Pierce sweet potato with fork; place on microwavable paper towel in center of microwave. Microwave 3 to 4 minutes, turning once, until tender. Cover, let stand 10 minutes. Peel potato and cut crosswise into 8 (1/2-inch) slices. Refrigerate any remaining potato for future use.

Preheat oven to 350 F. Line a cookie sheet with parchment paper. In a 1-quart saucepan, heat sugar, water and cayenne to boiling over medium heat, stirring occasionally. Boil and stir 2 minutes. Remove from heat; gently stir in pecans until coated. Spread pecans on cookie sheet. Bake 8 to 12 minutes or until golden brown. Remove from cookie sheet; cool completely.

Meanwhile, in 10-inch skillet, heat oil and apricot preserves over medium heat 5 to 8 minutes, stirring occasionally, until onion is tender. Remove from heat.

Unroll crescent dough; separate into 4 rectangles. Firmly press perforations to seal. Cut each rectangle in half crosswise; press each piece into 4-inch squares.

On each dough square, place 1 sweet potato slice, 1 rounded teaspoon onion mixture, 2 teaspoons cheese and 1 tablespoon pecans. Bring up four corners of dough over filling to center and twist at top. Place on ungreased cookie sheet.

Bake 12 to 18 minutes or until golden brown. Remove from cookie sheet to cooling rack; cool 5 minutes. Serve warm.

YIELD

8 servings

Breakfast

Sweet Potato Hash and Eggs

INGREDIENTS

2 Tbsp. extra-virgin olive oil
2 medium sweet potatoes, peeled and chopped
1 medium onion, chopped
2 garlic cloves, minced
1 lb. breakfast sausage
6 eggs
Salt and black pepper

DIRECTIONS

In a large skillet, heat oil over medium heat. Add sweet potato and onion; cook and stir 8 minutes or until softened. Add garlic; cook and stir 2 minutes more. Transfer to large bowl and set aside.

Add sausage to skillet; cook, stirring to break up sausage. Combine sweet potatoes and sausage. Divide evenly between 6 ramekins. Make a slight well in the middle and crack 1 egg into each well. Season with salt and pepper. Bake 10 minutes at 350°F or until egg white is set.

Alternatively, add all ingredients to a 10-inch cast-iron skillet. Make 6 wells for eggs and bake as directed above.

YIELD

6 servings

Soup

Coconut Pumpkin Soup

INGREDIENTS

1 small pumpkin or 1/2 large kabocha squash or butternut squash (about 2 lbs.), peeled, seeded and cut into 1-inch pieces
5 Tbsp. extra-virgin olive oil, divided
Salt and black pepper
1 medium onion, chopped
2 carrots, thinly sliced
2 cloves garlic, minced
1 tsp. ground coriander
1 tsp. paprika
1/2 tsp. ground ginger
13 oz. unsweetened coconut milk
4 cups low-sodium vegetable broth
1/2 cup pepitas
2 Tbsp. finely chopped parsley

DIRECTIONS

Preheat oven to 425 F. On a large baking sheet, toss pumpkin and sweet potato with 2 tablespoons olive oil, 1 teaspoon salt and 1/2 teaspoon black pepper. Roast until golden brown and tender, 16 to 20 minutes.

Meanwhile, heat 2 tablespoons olive oil in a Dutch oven over medium heat. Add the onion and cook, uncovered 5 minutes. Add carrots and saute until vegetables are just tender, 6 to 8 minutes.

Add garlic, coriander, paprika, ginger and 1 teaspoon salt and cook, stirring for 1 minute. Stir in coconut milk, then broth and bring to a boil. Reduce heat and simmer 10 minutes.

Meanwhile, heat remaining tablespoon olive oil with pepitas in small skillet over medium and cook, stirring until light golden brown, 2 to 3 minutes. Remove from heat and stir in parsley and season with salt and pepper.

Stir roasted vegetables into soup base. Using an immersion blender or standard blender in batches, puree until smooth. Warm if necessary and serve topped with pepita mixture.

YIELD

6 servings

Soup

Pumpkin Chili

INGREDIENTS

½ lb. kidney beans, soaked in water overnight
1 lb. ground beef
1 Tbsp. extra-virgin olive oil
1 large yellow onion, finely chopped
2 bell peppers, finely chopped
1 jalapeño pepper, seeded and finely chopped
4 cloves of garlic, minced
2 Tbsp. chili powder
2 tsp. ground cumin
1 tsp. dried oregano
Salt and black pepper
1 Tbsp. tomato paste
2 cups cubed pumpkin or winter squash (any variety will work)
1 (28 oz.) jar of crushed tomatoes
3½ cups water

DIRECTIONS

Drain and rinse the soaked beans and set them aside.

Heat a large Dutch oven over medium-high. Add the ground beef and cook, using a wooden spoon to break up the meat a bit until cooked through, about 5-8 minutes. Use a slotted spoon to remove the meat from the pan; set aside.

Add the olive oil to the pan and add the onion, peppers, garlic, chili powder, cumin, oregano and plenty of salt and pepper. Cook, stirring occasionally, until the veggies soften, about 8 minutes. Add the tomato paste and give the mixture a good stir until everything is evenly coated. Add the cubed pumpkin along with the tomatoes and reserved ground beef and beans. Pour in the water and bring to a boil. Reduce the heat and simmer on low for 3½ to 4 hours or until the beans are tender and the chili has thickened. Stir the chili every 30 minutes or so and add more water if needed.

YIELD

8 servings

*Main Dish***Garlic Herb Chicken Sweet Potato and Broccoli Sheet Pan Meal****INGREDIENTS**

1 large sweet potato , peeled and diced into 1/2-inch wide pieces
¼ cup extra-virgin olive oil, divided
4 cloves garlic , crushed or finely chopped, divided
2 tsp dried oregano, divided
2 tsp basil, divided
2 tsp parsley, divided
Salt and freshly ground black pepper
21 ounces boneless skinless chicken breasts , diced into 1 1/4-inch pieces
1 large head of broccoli cut into florets (about 3 cups of florets)
1 red pepper, deseeded and cut into wedges
1 medium red onion, cut into wedges

DIRECTIONS

Preheat oven to 400°F. Line a large, rimmed baking sheet / tray with parchment paper or aluminum foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil (or enough to evenly coat), 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer. Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables. The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside). Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil. Season with extra salt and pepper to taste. Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through. Serve immediately OR allow to cool to room temperature, divide into 4 containers and you have meals ready for the week!

YIELD

4 servings

Main Dish

Gnocchi Mac and Cheese with Fall Vegetables

INGREDIENTS

1 large sweet potato, peeled and diced
17.5 oz. pkg. potato gnocchi
2 Tbsp. unsalted butter
1 small onion, diced
1 large bunch spinach, stemmed and chopped
Salt and black pepper
2 Tbsp. all-purpose flour
2 cups whole milk
6 oz. cheddar cheese, shredded (about 1 1/2 cups)
1/4 cup parmesan cheese, grated, plus more for topping
1 tsp. Dijon mustard

DIRECTIONS

Bring a large pot of salted water to a boil. Add the sweet potato and cook until just tender, 6 to 7 minutes. Add the gnocchi and cook until al dente, about 3 minutes. Reserve 1/2 cup cooking water, then drain the gnocchi and sweet potato and set aside.

Meanwhile, heat the butter in a large skillet over medium-high heat. Add the onion and cook, stirring, until translucent and soft, 4 to 5 minutes. Add the spinach and cook, stirring occasionally, until wilted, about 2 minutes. Season with salt and pepper.

Add the flour to the skillet and cook, stirring, until the spinach is coated, 1 to 2 minutes. Reduce the heat to medium, stir in the milk and simmer until the mixture thickens, 2 to 3 minutes. Reduce the heat to low and stir in the cheddar, parmesan, and mustard. Cook until the cheese melts, 2 to 3 minutes. Remove from the heat and stir in the gnocchi and sweet potato. If the sauce is too thick, stir in some of the reserved cooking water, 2 tablespoons at a time. Serve with more parmesan for topping.

YIELD

4 servings

Side Dish

Roasted Sweet Potatoes with Scallions and Lime

Pairs well with chicken or fish, or can be paired with rice and beans for a vegetarian meal.

INGREDIENTS

2 lbs. sweet potatoes, peeled and cut into 3/4- to 1-inch chunks
1/4 cup extra-virgin olive oil
Salt and black pepper
2 tsp. grated lime zest, plus 3 Tbsp. lime juice
4 scallions, thinly sliced on the diagonal, greens and white reserved separately
1/8 to 1/4 tsp. cayenne pepper
Cilantro and chopped peanuts, optional, for garnish

DIRECTIONS

Preheat oven to 425 F. In a large bowl, toss sweet potatoes with oil, 1/4 teaspoon salt, and 1/2 teaspoon black pepper. Distribute potatoes in an even layer on a rimmed baking sheet; reserve the bowl. Roast potatoes, without stirring, until they are lightly browned at the edges and fork-tender, 18 to 20 minutes.

Meanwhile, in reserved bowl, stir together lime zest and juice, scallion whites, cayenne, and 1/4 teaspoon salt. When potatoes are done, immediately transfer to the bowl. Toss gently, then let stand for about 15 minutes, gently tossing once or twice.

Taste and season with additional salt and black pepper if needed. Transfer to a serving dish and sprinkle with greens. Garnish with cilantro and chopped peanuts, if desired.

YIELD

4 to 6 servings

*Side Dish***Twice-Cooked Potato and Leek Casserole**

Sweet potatoes and white potatoes in the same dish! Topped with crisp rings of leeks-a fresh take on fried onions from a can.

INGREDIENTS

2 lbs. sweet potatoes (about 5 small), peeled and cut into ½-inch pieces
2 lbs. russet potatoes (about 7 small), peeled and cut into ½-inch pieces
Salt and black pepper
¾ cup whole milk, warmed
¾ cup heavy cream, warmed
¾ cup unsalted butter, melted
2 Tbsp. all-purpose flour
Pinch of cayenne pepper
1 leek, white and light green parts only, cut into ¼-inch rounds, washed well, and dried (about 2 cups)
Vegetable oil, for frying

DIRECTIONS

Preheat oven to 425°F. Cover sweet potatoes and russet potatoes each with 1 inch water in 2 separate medium saucepans. Bring to a boil, salt generously, and boil until fork-tender, about 8 minutes. Drain and return potatoes to respective pans.

In a bowl, combine milk, cream, and butter. Divide milk mixture between saucepans. Mash potatoes until smooth; season with salt and pepper.

Spread mashed sweet potatoes evenly in the bottom of a shallow 2-quart baking dish. Top with mashed russet potatoes; spreading evenly to edges. Bake until golden, about 25 minutes.

Meanwhile, in a bowl, combine flour and cayenne. Add leeks; toss to coat. In a medium saucepan, heat 2 inches oil over medium-high heat until a thermometer registers 350°F. Working in batches, add leeks and cook, turning, until crisp and light golden around edges, about 1 minute. With a slotted spoon, transfer to paper towels to drain. Season with salt. Sprinkle fried leeks over potatoes; serve.

YIELD

6 to 8 servings

Dessert

Fresh Pumpkin Pie

INGREDIENTS

1 medium pie pumpkin
Pastry for single-crust pie (9 inches)
2 eggs
¾ cup packed brown sugar
1 tsp ground cinnamon
½ tsp salt
½ tsp ground ginger
¼ tsp ground cloves
1 cup milk
Whipped cream, optional

DIRECTIONS

Cut pumpkin in half lengthwise; discard seeds. Place cut side down in a microwave-safe dish; add 1 in. of water. Cover and microwave on high for 15-18 minutes or until very tender (or roast in the oven).

Meanwhile, roll out pastry to fit a 9-in. pie plate. Transfer pastry to pie plate. Trim pastry to 1/2 in. beyond the edge of the plate; flute edges. Set aside. Drain pumpkin. When cool enough to handle, scoop out pulp and mash. Set aside 1-3/4 cups (save remaining pumpkin for another use). In a large bowl, combine the mashed pumpkin, eggs, brown sugar, cinnamon, salt, ginger and cloves; beat until smooth. Gradually beat in milk. Pour into the crust.

Bake at 425° for 15 minutes. Reduce heat to 350°; bake until a knife inserted in the center comes out clean, 40-50 minutes longer. Cover edges with foil during the last 30 minutes to prevent over-browning if necessary. Cool on a wire rack. If desired, pipe whipped cream around the edge of pie using a star tip. Refrigerate leftovers.

YIELD

8 servings