Stuffed Pumpkin
Serves 2-3 as main dish or 4-6 as side dish

1 (2 ¼ pound) pie pumpkin
2 Tablespoons olive oil
¼ cup diced carrots
¼ cup diced celery
¼ cup diced shallots
½ jalapeño pepper, diced (reserve seeds and veins)
1 clove garlic, minced
2 Tablespoons white wine
¼ cup vegetable stock
1/3 cup diced grape tomatoes
½ cup roasted walnuts
1 Tablespoon honey
1¼ cup cooked brown rice
2 teaspoons cumin
1 teaspoon chili powder
1 teaspoon apple cider vinegar
½ cup canned black beans, rinsed
2 Tablespoons chopped cilantro
Salt and pepper to taste

Preheat oven to 425°F. Chisel-cut the cap off the pumpkin. Scoop out the strings and seeds. Replace the cap. Place the pumpkin on a sheet tray, then into hot oven. Bake for 25 minutes or until the pumpkin starts to soften.

While the pumpkin is cooking, warm olive oil in a sauté pan over medium heat; add carrots, celery and shallots and sauté for 5-7 minutes. Add jalapeño pepper and garlic; sauté for another minute. Deglaze the pan with white wine. Move the contents of sauté pan to medium bowl. Add remaining ingredients to the bowl. Mix well. Adjust heat to your preference by adding minced seeds and veins from jalapeño pepper. Add salt and pepper to taste.

Scrape contents of bowl into the pumpkin and return to oven for additional 20 to 30 minutes. To serve, scoop the stuffing and cooked pumpkin.