

STUFFED PUMPKIN

The carrots, shallots, and other vegetables in this recipe add a hearty flavor that compliments the sweetness of the pumpkin. You can even add jalapeño seeds for heat!

by Chef Kurt Kwaitkowski

Featured Food: Pumpkin

Yield: Serves 2-3 as main dish or 4-6 as side dish

Ingredients

1 (2 ¼ lb.) pie pumpkin	¼ c. roasted walnuts
2 T. olive oil	1 T. honey or agave syrup (for vegan preparation)
¼ c. diced carrots	1 ¼ c. cooked brown rice
¼ c. diced celery	2 t. cumin
¼ c. diced shallots	1 t. chili powder
½ jalapeño pepper, diced (reserve seeds and veins)	1 t. apple cider vinegar
1 clove garlic, minced	½ c. canned black beans, rinsed
2 T. white wine	2 T. chopped cilantro
¼ c. vegetable stock	Salt and pepper to taste
⅓ c. diced grape tomatoes	

Preparation

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.