



pumpkin bread

ingredients

- 2 cups all purpose flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 3/4 cup vegetable oil
- 3 large eggs
- 1 teaspoon vanilla extract
- 3 cups shredded fresh pumpkin
- 1 cup toasted pumpkin seeds

directions

Preheat oven to 325°F. Sift flour, cinnamon, baking soda, baking powder, and salt.

In a separate bowl, mix sugar, vegetable oil, eggs, and vanilla. Combine wet and dry mixtures, fold in shredded pumpkin and pumpkin seeds. Pour into a non stick loaf pan Bake for 1 hour 15 minutes, until a knife comes out clean. Cool for 15 minutes, then transfer to a rack to cool completely.



pasta primavera

ingredients

- 1 tablespoon olive oil
- 3 cloves minced garlic
- 1 red bell pepper cut in strips
- 1/2 pound thin asparagus
- 1 cup sliced button mushrooms
- 1 cup grape or cherry tomatoes
- 1 cup low-sodium chicken stock
- 1/2 cup 1 percent milk
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 cups of peeled and sliced carrots
- 3/4 pound whole-wheat linguine
- 1/2 cup grated parmesan
- 2 tablespoons chopped parsley
- 1/4 cup shredded basil leaves

directions

Heat oil in a large pan over medium-high. Cook garlic for 1 minute. Add peppers, cook 3 minutes. Add mushrooms, asparagus, and tomatoes; cook 5 minutes. Stir in flour, cook 1 minute. Add chicken stock, milk, salt, and pepper. Bring to a boil, then simmer until thickened, about 5 minutes. Stir in carrot strips. Cook pasta according to package, drain, and reserve 1/2 cup pasta water. Toss pasta with vegetables and sauce. Add pasta water if needed. Garnish with Parmesan, parsley, and basil.