

Pumpkin Goat Cheese Galette

(adapted from www.cuisinicity.com)

Ingredients:

¾ cup + 1 TBSP white whole wheat flour (plus a little more to dust pan)
Dash salt
2 TBSP olive oil
1/3 cup water or white wine

Topping:

½ cup pumpkin puree (not pie filling)
2 oz goat cheese
2 TBSP pine nuts

Directions:

- Preheat oven to 400°.
- Place flour, salt, oil, water or wine in food processor and process until a ball forms. You may need to scrape down the sides a couple of times. It won't be a perfect ball, but shapeable by hand.
- Flour your hands; take out ball and place on a lightly floured surface. Gently roll into a 9-inch circle. Transfer to a lightly floured baking sheet.
- Spread pumpkin evenly over dough within 1/2' of edge. Sprinkle with goat cheese and pine nuts.
- Fold edge of dough over to form a 1-inch border.
- Bake for 25 minutes.

Chickpea Pumpkin Coconut Curry

Yield: 4-6 servings (adapted from www.emelieeats.com)

Ingredients:

1 TBSP olive oil
1 large onion, roughly chopped
2 medium carrots, sliced
1 cup tomatoes, chopped (or 1 15-oz can diced tomatoes)
1 15-oz can pumpkin puree (not pie filling)
1 15-oz can chickpeas, rinsed and drained
1 TBSP curry powder
1 tsp ground ginger
½ tsp salt
½ tsp black pepper
¼ tsp turmeric
¼ tsp ground cinnamon
¼ tsp cayenne pepper or paprika
1 13.5-oz can light coconut milk
1 cup water
Lime to garnish

Directions:

- Heat oil in a large skillet. Add onion and cook until soft (~3-5 min). Add garlic and saute for 1 min.

- Add carrots and tomatoes; stir to combine. Add more oil if needed. Cover and cook for 5 minutes or until carrots are tender.
- Add pumpkin, chickpeas and spices. Stir well.
- Add coconut milk and water; mix well. Bring to boil and let simmer 15-20 minutes.
- Serve over rice or quinoa. Garnish with lime wedge.

Pumpkin Energy Balls

Yield: 15-20 balls (adapted from www.cleanfoodcrush.com)

Ingredients:

1 ½ cups thick cut rolled oats
½ cup almond butter (or peanut butter)
½ cup pumpkin puree (not pie filling)
1/3 cup maple syrup
½ tsp pumpkin pie spice
1/2 tsp ground cinnamon
1 tsp vanilla extract
4 TBSP ground flax
1/4 cup chopped almonds or walnuts
¼ cup coconut
¼ cup mini chocolate chips

Directions:

- Combine all ingredients in a medium bowl, mixing well.
- Roll dough into balls (about 1 inch diameter), or use a cookie scoop. They will be sticky.
- Line a cookie sheet with parchment paper. Place balls on parchment and freeze for one hour.
- Remove from freezer and store in airtight container in the refrigerator. Use within one week.