

## **Mixed Berry Compote/Sauce**

Yield: 6 servings (adapted from eatingwell.com)

### **Ingredients:**

3 cups berries (fresh or frozen; strawberries, blueberries, raspberries)  
2 tsp cornstarch  
1 ½ TBSP maple syrup

### **Directions:**

- Place all ingredients in a large microwave safe bowl and toss to combine.
- Microwave on high for 2 minutes. Stir. Continue to microwave until slightly thickened and bubbly (~3 more minutes).

## **Gingerbread-Pumpkin Pancakes**

Yield: 8 pancakes (adapted from foodhero.org)

### **Ingredients:**

½ cup whole wheat flour  
½ cup all-purpose flour  
½ tsp salt  
½ tsp baking soda  
2 tsp pumpkin pie spice  
1 egg  
2 TBSP molasses  
1 TBSP vegetable oil  
¾ cup buttermilk  
½ cup canned pumpkin

### **Directions:**

- Mix dry ingredients in a bowl. In another bowl, beat egg. Stir in molasses, oil, buttermilk and pumpkin.
- Pour milk mixture into dry ingredients; stir together lightly.
- Lightly spray or oil a large skillet/griddle. Heat over medium-high heat (350°).
- For each pancake, pour ¼ cup batter onto the hot griddle. Cook until puffed and dry around edges. Turn and cook other side until golden brown.\

## **Quick No-Cook Pizza/Tomato Sauce**

Yield: 3 cups (adapted from foodhero.org)

### **Ingredients:**

1 can (8 ounces) no-salt added tomato sauce  
1 can (6 ounces) no-salt added tomato paste  
1 tsp dried oregano  
1 tsp dried basil  
½ tsp garlic powder, or 1 clove garlic, minced  
1 carrot, finely grated  
½-1 cup shredded zucchini  
½-1 cup other shredded vegetables (spinach, mushrooms, broccoli)

### **Directions:**

- Mix all ingredients together in a bowl.

## **Pumpkin Ricotta Stuffed Shells**

Yield: 12 filled shells (from foodhero.org)

### **Ingredients:**

12 jumbo pasta shells (1/2 of 12 ounce package)  
1 ½ cup nonfat or part-skim ricotta cheese  
¾ cup pumpkin puree  
½ cup grated Parmesan cheese  
½ tsp garlic powder or 2 cloves garlic  
2 TBSP dried basil  
¼ tsp ground sage  
Dash salt  
¼ tsp pepper  
1 cup pasta/tomato sauce

### **Directions:**

- Cook pasta shells according to package directions. Drain and let cool.
- In a medium bowl, stir together ricotta, pumpkin, Parmesan and spices (reserve 1 TBSP Parmesan for topping).
- Preheat oven to 350°. Spread pasta sauce in the bottom of a 8-9" square pan. Fill each shell with ~3 TBSP of pumpkin mixture, and place shells close together on sauce in baking pan.
- Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle remaining cheese and bake for 15 minutes more.