

All In on Pumpkin!

DON'T SELL IT SHORT—THE USES FOR THIS GREAT GOURD GO WAY BEYOND PIE!

Alyssa Thayer

As soon as the first signs of fall begin to show, pumpkin spice everything floods the market. This quintessential autumn flavor has become synonymous with changing leaves and sweater weather. And while pumpkin pie (and pumpkin pie spice) will forever hold a place on our holiday table, pumpkin's prowess does not stop there. As it turns out, its culinary uses are virtually limitless.

"When people think of pumpkin, they are really thinking of pumpkin spice," says Philadelphia food blogger and recipe ninja **Erin Morrissey** of **Erin Lives Whole**. She says the neutral taste is one of the main reasons for its versatility. "It's like butternut squash or sweet potato," she says.

Erin developed her affinity for pumpkin early on, growing up

baking pumpkin chocolate chip bread with her mother. "We'd make it for everyone in our neighborhood and that meant Fall. I loved it and always knew I wanted to bake with it."

Erin was always passionate about baking and sharing recipes. Finally, in spring of 2017 her mom asked, "Why don't you start a food blog?" And, she did! Eventually, it became so successful she left her corporate job to pursue cooking full time.



Erin is part of a new type of food blogger who specialize in healthy indulgences—yes, it's a thing. She creates mouth-watering recipes that satiate our appetites as well as fuel our bodies. "I don't make diet food," she says emphatically. "I make food with more nutrients."

With 15+ recipes using pumpkin, she has become somewhat an expert. "I use it all the time in places you wouldn't expect," she boasts. And she's not kidding, you can find pumpkin puree in everything from her brownies to soups and even hummus.

Pumpkin is a great blank canvas, taking on the flavors it's paired with and adding moisture to baking

recipes. Like in her paleo chocolate cake: "The pumpkin is actually in there to make it fudgy and moist," she says, noting people are often shocked to find out the secret ingredient.

If you feel hesitant to try new ingredients, Erin recommends just trying to keep an open mind. She admits, "healthy food" can be a hard sell to a spouse or kids. Her advice: "Just don't tell them what's in it. If it's delicious, they probably won't care."



Pumpkin Recipes

This superstar ingredient can be sweet, savory and everything in between. The subtle, earthy sweetness can make friends with just about any spice combination. Check out the assortment of simple, delectable recipes featuring our new favorite ingredient: pumpkin.

Five-Minute Pumpkin French Toast

Your favorite brunch dish, but Fall. This recipe is warm, cozy, and easy to make. Just 5 minutes of prep time and you're ready for the griddle.



- 3 eggs
- ½ C. almond milk (or other milk)
- ½ C. pumpkin puree
- 1 Tb. maple syrup
- 1 tsp. pumpkin pie spice
- 1 tsp. vanilla
- Pinch of sea salt
- ½ Tb. butter
- 1 loaf brioche (or your favorite) bread, sliced

In a shallow bowl, whisk together eggs, almond milk, pumpkin puree, maple syrup, pumpkin pie spice, vanilla and sea salt.

Heat a sauté pan over medium-high heat. Add 1/2 tablespoon butter to the pan.

Dip each slice of bread into egg mixture. Submerge for 5 seconds, flip and hold down for 5 more seconds on the other side.

Lay egg-washed bread onto pan and fry until brown, about 2 minutes per side.

Serve with maple syrup, butter, fresh fruit, cinnamon or your favorite toppings.

Makes 12 slices.

Hearty Pumpkin Chili (Instant Pot and Stove Top)

Your traditional turkey and bean chili but even more nutritious and delicious with the addition of the pumpkin puree. The perfect one pot meal for a hungry crowd.

It's more than just good pumpkin publicity...

Pumpkin is far more than just a warm candle scent or a seasonal latte flavor. It's an amazing ingredient for baking, cooking and even using in pet food.

It's Good For You: As you may have guessed from its orange hue, pumpkin is packed with vitamin A and other important vitamins and minerals. Pair that with negligible fat, low calories (49 calories/cup), and fiber (3 grams/cup), and you've got a home run.

Available and Convenient: While you can roast your own, Erin warns it's a lot of work and the resulting puree is lighter in color, similar to roasted winter squash. Luckily, pumpkin puree is available year-round in most grocery stores for a very reasonable price.

Perfect Substitute: Whether you make your own puree or use canned, the thick and smooth texture allows it to be used in recipes that call for winter squash, sweet potato or even apple sauce.

Seed Power: If you are working with fresh pumpkin, don't toss those seeds! They're packed with fiber and healthy minerals such as magnesium, iron and zinc.

- 2 Tb. olive oil
- 1 small yellow onion, diced
- 1 jalapeno, seeded and diced
- 1 green pepper, chopped
- 3 cloves garlic, minced
- 1 lb. ground turkey
- 1, 15-oz. can pumpkin puree
- 1 can black beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1, 14-oz. can diced tomatoes
- 1, 6-oz can tomato paste
- 2 Tb. chili powder
- 2 tsp. cumin
- 1 tsp. smoked paprika
- 2 tsp. pumpkin pie spice
- 2 tsp. salt
- 1 tsp. pepper
- Pinch of cayenne (optional)
- 3 C. chicken broth



Stove Top Instructions:

Heat a large saucepan or Dutch oven on the stove. Add olive oil when warm.

Add in onion, jalapeno and green pepper, and let sauté for a few minutes until slightly soft. Add in garlic and let cook for one more minute. Add in ground turkey, breaking it up and cooking until it's no longer pink.

Reduce heat to medium-low and stir in pumpkin, beans, diced tomatoes and tomato paste.

Mix all spices in a little bowl. Then add to your chili mixture. Pour in three cups of chicken broth.

Let simmer for one hour over low heat.

Serve! Top with cheese, Greek yogurt, jalapenos or any other toppings you desire.

Instant Pot Instructions:

Turn Instant Pot to saute setting and add olive oil to pot.

Add in onion, jalapeno and pepper and let sauté for a few minutes until slightly soft. Add in garlic and let cook for one more minute. Add in ground turkey, breaking it up and cooking until it's no longer pink.

Mix all spices in a little bowl. Then add to your chili mixture. Stir in pumpkin, beans, diced tomatoes and tomato paste. Pour in three cups of chicken broth.

Set your Instant Pot to 'manual cook' for 12 minutes.

Once the 12 minutes are up, let it natural release for 15 minutes and then quick release.

Serve! Top with cheese, Greek yogurt, jalapenos or any other toppings you desire.

Makes 8–10 servings.

Pumpkin Oat Bars

A perfect on-the-go breakfast or delicious wholesome snack! Who says you can't have chocolate in your breakfast?

1 C. whole wheat flour (or gluten free flour)

1 C. quick-cooking oats

2 tsp. pumpkin spice



½ tsp. baking soda

¼ tsp. salt

½ C. pumpkin puree

½ C. coconut oil, melted

½ C. coconut sugar

2 eggs whisked

1 tsp. vanilla extract

½ C. chocolate chips

Preheat oven to 350° F.

Grease 8”x8” baking pan with cooking spray or parchment paper.

In a medium bowl, mix flour, oats, pumpkin spice, baking soda and salt.

In a large bowl, use a mixer to beat together the pumpkin, coconut oil, coconut sugar, eggs and vanilla.

Add dry ingredients into wet and stir well. Add in chocolate chips.

Pour batter into prepared pan, spreading evenly with a rubber spatula.

Bake for 16–18 minutes. Let cool completely before cutting into squares.

Store on counter for up to 5 days or in freezer for longer.

Makes 9 squares.

Paleo Pumpkin Pie

Although we're going beyond-the-pie for this article, since it's November, we couldn't help but share this wholesome twist on the holiday classic.

For the Crust:

2 C. fine almond flour

½ tsp. baking soda

½ tsp. cinnamon

¼ tsp. salt

1 egg, room temperature

2 Tb. coconut sugar

¼ C. coconut oil melted.



For the Pumpkin Pie Filling:

1, 15-oz. can of pumpkin puree

⅔ C. coconut sugar

2 eggs

⅔ C. coconut cream or top of 1 can of coconut milk

(just the hard part that settles at top of can after being refrigerated overnight or for 4 hours.

You want it to be hardened or very thick cream.)

2 Tb. arrowroot starch

1 tsp. cinnamon

½ tsp. ginger

½ tsp. nutmeg

¼ tsp. ground clove

¼ tsp. salt

Heat oven to 350° F.

Grease an 8-inch pie dish.

*Note: If you're using a pie dish larger than an 8-inch, Erin recommends scaling the recipe by 1.5 times. It isn't necessary but it will help fill out the dish and give more crust.

For the crust, mix almond flour, baking soda, cinnamon and salt in a large bowl.

In a small bowl, whisk egg, coconut sugar and coconut oil.

Add wet ingredients to dry and mix until completely combined and ball shape forms.

Use fingers to press and form into well-greased pie pan.

For the pie filling, add all ingredients to a food processor. Blend until completely smooth.

Pour pie filling into the raw crust.

Bake for 45–55 minutes. If edges start to brown, cover with foil.

Take out of oven once center has cooked through. It will set more as it cools. Let cool completely before serving. (I do this in the fridge so it firms up).

Store in fridge for up to 5 days.

Homemade Pumpkin Pie Spice

With just a few common baking spices, you too can have the taste of fall at your fingertips.

3 Tb. cinnamon

1 tsp. ground nutmeg

2 tsp. ground ginger

1 tsp. allspice

1 tsp. ground clove

Mix all ingredients together in a small bowl and store in a jar in the pantry for up to one year! Makes 4 tablespoons. ♦

Alyssa Thayer found her love of food at an early age, frolicking around her mother's organic farm and eating her weight in berries and snap peas each summer. She is a self-proclaimed urban farm girl, whose mission is to bring inspired ideas to life, passionate people together, and good food to every table.



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FOR THE

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APPETIZER	1 ST COURSE	2 ND COURSE	DESSERT
Cherry, chicken, cured meats	Soup, salads, vegetables	Turkey, ham, dark meats	Chesecake, apple pie, pecan pie
SPARKLING A fruit style pairs with fried or fatty appetizers.	PINOT GRIGIO Thin dry, fruity citrus flavors match with salads.	CHARDONNAY Rich, full-bodied and oak-aged match earthy dishes.	RIESLING Ranging from dry to sweet, pair it with fruit-focused desserts.
MOSCATO Sweet with a fizz, the bubbles cleanse the palate.	SAUVIGNON BLANC Savagely and grass notes pair with green vegetables.	ROSÉ Dry or sweet, this fruit-driven style matches seltiness.	TAWNY PORT Rich nuttiness that matches pecan, almond or hazelnut desserts.
VINHO VERDE Slightly crisp and light to match salty foods.	GEWÜRZTRAMINER Some sweet apricot and spice aromas pair with rich meats.	ZINFANDEL Smoky, fruit-forward notes match well-seasoned red meats.	LATE HARVEST Wine sweets and bails well with sweet, confectionary desserts.

Please enjoy responsibly.

Happy Holidays

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