

Pumpkin Lasagna Recipe

6 Servings--- Prep: 25 min. Bake: 55 min. + standing

Ingredients

1/2 pound sliced fresh mushrooms
1 small onion, chopped
1/2 teaspoon salt, *divided*
2 teaspoons olive oil
1 can (15 ounces) solid-pack pumpkin
1/2 cup half-and-half cream
1 teaspoon dried sage leaves
Dash pepper
9 no-cook lasagna noodles
1 cup reduced-fat ricotta cheese
1 cup (4 ounces) shredded part-skim mozzarella cheese
3/4 cup shredded Parmesan cheese

Directions

In a small skillet, sauté the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine the pumpkin, cream, sage, pepper and remaining salt.

Spread 1/2 cup pumpkin sauce in an 11-in. x 7-in. baking dish coated with cooking spray. Top with three noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.

Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining parmesan cheese.

Pumpkin Chili Recipe

Ingredients

2 pounds ground beef OR 1 pound ground turkey and 1 pound ground round
1 large onion, diced
1 green bell pepper, diced
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can black beans, drained
2 (15 oz.) cans of tomato sauce
1 (28 ounce) can peeled and diced tomatoes with juice

1 15oz canned pumpkin puree
2 cloves minced garlic
1 tablespoon pumpkin pie spice
2 tablespoons chili powder
2 tsp. cumin
1 tsp. salt, optional

DIRECTIONS:

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder, cumin and salt. Simmer 1 hour.