

# Joy of Living Cooking School

## September 2021 Pumpkin Patch

### Roasted Pumpkin Quinoa Salad (8 Servings)

1-1/2 pounds Pumpkin, cubed  
1-1/2 cups Quinoa, uncooked  
3 cups Vegetable Broth (Low Sodium)  
1/2 large Red Onion, half moon slices  
1/3 cup Dried Cranberries  
1/2 pound Grape Tomatoes, halved  
Juice and Zest of 1 Orange  
1 teaspoon Agave  
Pumpkin Seeds (for garnish)



Preheat oven to 400° F.

Place the pumpkin on a baking sheet and bake for 45 minutes until soft and slightly brown.

Bring the vegetable broth to a boil in a medium saucepan. Rinse the quinoa under cool running water and drain. Add the quinoa to the broth and return to boil. Reduce heat to medium, cover, and cook for 20 minutes until tender. Fluff with a fork to separate the quinoa and set aside.

Heat a skillet over medium heat. Add the sliced onion and cook until soft, adding water as needed to reduce sticking.

In a large mixing bowl combine the quinoa, onions, cranberries, tomatoes, and orange zest. In a small container combine the juice and agave. Pour the mixture over the salad and toss to combine.

Garnish with pumpkin seeds.

Serve room temperature.

Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>168</b>
	% Daily Value*
Total Fat 2.7g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 388mg	17%
Total Carbohydrate 29g	11%
Dietary Fiber 4.7g	17%
Total Sugars 5.7g	
Protein 7.5g	
Vitamin D 0mcg	0%
Calcium 42mg	3%
Iron 3mg	16%
Potassium 488mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

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### Italian Pumpkin Bake (10 Servings)

1-1/2 cups Cashews, raw  
1-1/2 cups Hot Water  
1 teaspoon Onion Powder  
1/2 teaspoon Garlic Powder  
1 tablespoon Lemon Juice  
16 oz Pasta (Whole Wheat)  
15 oz Canned Pumpkin Puree  
1/2 cup Dairy Free Milk (unsweetened)  
1/2 teaspoon Cardamom, ground  
1-1/2 teaspoons Coriander, ground  
3 tablespoon Fresh Sage, chopped  
15 oz can of Cannellini Beans, rinsed  
3 cups fresh Spinach  
1 clove Garlic, minced



Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	<b>278</b>
% Daily Value*	
Total Fat 7.7g	10%
Saturated Fat 1.5g	8%
Cholesterol 33mg	11%
Sodium 27mg	1%
Total Carbohydrate 42.6g	15%
Dietary Fiber 4.2g	15%
Total Sugars 2.4g	
Protein 11.5g	
Vitamin D 0mcg	0%
Calcium 68mg	5%
Iron 5mg	25%
Potassium 506mg	11%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

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Preheat an oven to 375° F.

In a blender combine the cashews, hot water, onion powder, garlic powder and lemon juice. Blend thoroughly until smooth. Set aside.

Prepare the pasta according to the directions on the package but reduce the cooking time by 1 minute. Drain pasta and set aside.

Heat a skillet over medium heat. Add the spinach and garlic and cook, stirring frequently, until the spinach has wilted. Add small amounts of water as needed to prevent sticking.

In a large mixing bowl combine the pumpkin puree, nut milk, cardamom, and coriander. Mix until combined. Add the pasta, spinach mixture, sage, cannellini beans and stir gently.

Pour the mixture into a 13" x 9" baking dish. Cover with foil and bake for 40 minutes. Remove the foil and continue to bake for 10 minutes more.

Remove from oven and allow to rest for 5 minutes.

Serve warm.