

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm and Delicious, Without Any Cream!

You'll Want a Second Bowl:

Creamy Pumpkin Peanut Soup

2 Cans (15 oz) *Solid Pack Pumpkin
36 oz Low Fat/Salt Chicken Broth
12 oz Pear or Apricot Nectar
1/2 Cup Natural, Creamy Peanut Butter
1 TB Grated Fresh Ginger
1/4 Cup Thinly Sliced Green Onions (Green Tops Only)
1 Clove Garlic, Grated
1 TB Fresh Lime Juice
1 TB Fresh Orange Juice
Pinch of Cayenne Pepper
Kosher Salt and Freshly Cracked Black Pepper To Taste
Zest of 1 Lime
1/2 Cup Greek Yogurt
1/4 Cup Finely Chopped, Roasted Salted Peanuts

Step One In a medium stockpot, combine the pumpkin, chicken broth, and pear or apricot nectar. Bring to a boil over high heat. Reduce the heat to low, and simmer for about 15 minutes.

Step Two Remove 1 cup of the pumpkin mixture from the pot. In a blender or a food processor, process the pumpkin mixture with peanut butter until smooth. Return to the pot. Add the ginger, green onion, garlic, juices and cayenne pepper. Cook, stirring occasionally for 15 minutes over medium heat. Taste for salt and pepper.

Step Three Mix the lime zest with the Greek yogurt. Garnish each bowl with a TB of the yogurt mixture, and sprinkle with the peanuts.

2 Kitchen Smidgen

The thickness of the juice is what makes "Nectar" different from other juices. Some fruits have juice that would be very thick to drink straight up, so they are diluted with water.

3 Get Creative

*Solid Pack Pumpkin is just what it sounds like: 100% pure pumpkin with nothing else added. You can make your own pumpkin puree – but the canned version is delicious and saves you all the work of seeding, roasting, scooping and pureeing. When making your own – don't use a Halloween-type pumpkin. Look for a any "pie" pumpkin with names like sugar, cheese or milk pumpkin. Any recipe that calls for pumpkin also works great with fresh butternut squash, or even sweet potatoes. To get your measurements correct with substitutions, a 15 oz can of pumpkin contains just a little less than 2 cups.

4 WINE of the Week

Louis Jadot Beaujolais Villages
Burgundy, France

Cost Plus around \$10.00

A perfect light red for the fall season, this Beaujolais is an earthy, strawberry, black pepper refresher that rises to the occasion with the pumpkin soup and would not be amiss sitting on the Thanksgiving table, either!