



Taste and Savor

1 Quick Recipe:

Pumpkin Hummus

2 Cans (15 oz) Cannellini Beans, drained and rinsed
 1 Cup Canned Pumpkin, (3/4 of a 15 OZ can)
 2 TB Lemon Juice
 2 Garlic Cloves, grated
 1 Tsp Sea Salt
 1 Tsp Cumin
 1/2 Tsp Allspice
 1 Tsp Smoked Sweet Paprika
 1 Cup Crumbled Goat Cheese
 1/2 Cup Toasted Pumpkin Seeds

In a food processor puree all ingredients except the goat cheese and pumpkin seeds. Remove from the processor, spread on a plate and sprinkle with pumpkin seeds and cheese.

Serve it with crudité's and:

2 Kitchen Scoop

Handmade Pita Chips

6 Whole Wheat Pita Pockets

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



Olive Oil Spray
 2 Tsp Smoked Paprika
 Sea Salt and Freshly Ground Black Pepper to taste

Cut each pita in fourths and then tear each quarter in half – you should have 8 pita chips from each pocket. Spray them with olive oil, season with spices, salt and pepper. Place on a sheet pan and cook in a 400F oven for about 10 minutes or until browned and crispy around the edges.

3 Clever Idea

If you've been following me for very long, you know I don't buy many canned foods. Three kinds of cans I always keep on hand are beans, tomatoes and pumpkin, along with tuna and anchovies. My pantry always has at least 3 kinds of beans, black, chickpeas and cannellini, diced and crushed fire-roasted tomatoes and tomato paste, and pumpkin year round. Pumpkin is a super substitute for fat in baked goods - making them a little bit better for us and giving us another "bite" or two of veggies. Try subbing half your fat in a recipe with pumpkin!

4 Cheers!

Fess Parker Riesling

Santa Barbara, California
 About \$16

This refreshing, off-dry Riesling has peach, apricot and melon aromas and flavors, perfect for the slightly spicy and salty dip and veggies. Yes, Fess Parker is that guy with the coonskin hat, but he liked wine, too! He started the winery in the 1980s, and today it's still run by family members. Easy-drinking Riesling can take you from pumpkin hummus to turkey and dressing next Thursday.