

Pumpkin Flax Quickbread

Yields: 12 servings

Ingredients:

2 tablespoons flax seed meal	1 teaspoon baking soda
6 tablespoons water	1 teaspoon ground cinnamon
1 ½ cups sugar	¾ teaspoon salt
1 cup canned pumpkin puree	½ teaspoon baking powder
½ cup applesauce	½ teaspoon ground nutmeg
1 1/3 cups all-purpose flour	¼ teaspoon ground cloves
1/3 cup whole wheat pastry flour	

Directions:

1. Preheat oven to 350 degrees F. Lightly grease one 9x5 inch loaf pan.
2. Whisk together flax seed meal and water. Mix in sugar, pumpkin and apple sauce.
3. In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan.
4. Bake in preheated oven for 65-70 minutes, until a toothpick inserted into center of the loaf comes out clean.

Nutrition facts: Calories 178, total fat 1 gram, cholesterol 0 mg, sodium 312 mg, carbohydrate 41 grams, fiber 2 grams, protein 3 grams

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Butternut Hash Browns

Yields: 1 serving

Ingredients:

1 heaping cup shredded butternut squash	2 tablespoons chopped onion
¼ teaspoon onion powder	¼ teaspoon garlic powder
Dash ground cumin	Dash salt and pepper

Optional topping: Ketchup, salsa, hot sauce

Directions:

1. Spread shredded squash between 2 layers of paper towels.
2. Press down to absorb as much of the moisture for the squash as possible, repeat as necessary.
3. Toss squash shreds with onion, onion powder, garlic powder, cumin salt and pepper.
4. Place a small to medium pan sprayed generously with nonstick spray on high heat.
5. Add mixture to the pan and cook for 2 min. Flip shreds with a spatula and cook for another 2 minutes (until the mixture is thoroughly browned).
6. Season to taste.
7. Top with optional seasoning if desired.

Nutrition facts: Calories 85, total fat 1 gram, cholesterol 0 mg, sodium 162 mg, carbohydrate 20 grams, fiber 3 grams, protein 2 grams

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Potato Chips

Yields: 4 servings

Ingredients:

1 tablespoon vegetable oil	½ teaspoon salt, or to taste
1 potato, sliced paper thin (peel optional)	

Directions:

1. Pour the vegetable oil into a plastic bag (a produce bag works well). Add the potato slices, and shake to coat
2. Coat a large dinner plate lightly with oil or cooking spray. Arrange potato slices in a single layer on the dish.
3. Cook in the microwave for 3 to 5 minutes, or until lightly browned (if not browned, they will not become crisp). Times will vary depending on the power of your microwave. Remove chips from plate, and toss with salt (or other seasonings). Let cool. Repeat process with the remaining potato slices. You will not need to keep oiling the plate.

Nutrition facts: Calories 80, total fat 3.5 grams, cholesterol 0 mg, sodium 295 mg, carbohydrate 12 grams, fiber 1 grams, protein 1 gram

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Pumpkin Chili

Yields: 8 servings

Ingredients:

1 .5 pounds ground beef	1 (28 ounce) can peeled and diced tomatoes with juice
1 large onion, diced	1 cup canned pumpkin puree
1 green bell pepper, diced	1 tablespoon pumpkin pie spice
1 (15 ounce) can kidney beans, drained	2 tablespoons chili powder
1 (15 ounce) can black beans	1 tablespoon cumin
1 (46 fluid ounce) can tomato juice	¼ cup white sugar

Directions:

1. 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 sugar. Simmer 1 hour.

Nutrition Facts: Calories 350, total fat 6 grams, cholesterol 65 mg, sodium 895 mg, carbohydrate 43 grams, fiber 12 grams, protein 32 grams