

Recipes by Chef Mary Bass
Pumpkin-palooza

Roasted Garlic, Rosemary and Pumpkin Hummus

Ingredients

- 1-2 cloves roasted garlic
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 can chickpeas, drained and rinsed
- 2/3 cup pumpkin puree
- 1 tablespoon honey
- 1/2 teaspoon finely minced fresh rosemary (more to taste)
- salt to taste

Directions

1. Puree all ingredients except rosemary in a blender or food processor until smooth. Add more oil or water as needed.
2. Stir in the rosemary.
3. Serve with warm naan, apple slices, crackers, carrots, wheat toast, roasted vegetables, pita bread, and/or anything in the world (we'll be doing sweet potato chips)

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Hearty Pumpkin, Black Bean and Turkey Chili

Ingredients:

- 1 tablespoon olive oil
- 1 pound extra lean ground turkey (99%)
- 1 medium white onion, chopped
- 1 jalapeno, seeded and finely diced
- 3 garlic cloves, minced
- 2 1/2 tablespoons chili powder
- 1 1/2 teaspoons cumin
- 1/4 teaspoon red cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 teaspoon salt, plus more to taste
- Freshly ground black pepper
- 2 tablespoons brown sugar
- 1 (28 oz) can diced tomatoes
- 3/4 cup low sodium chicken broth
- 1 (15 oz) can pumpkin puree
- 1 (15 oz) can black beans, rinsed and drained
- To garnish: cilantro, sour cream (or greek yogurt), guacamole and cheddar cheese

Directions:

1. Place olive oil in a large pot over medium high heat. Once oil is hot, add in onion, jalapenos and garlic. Stir and cook 2 minutes, then add in turkey, gently breaking up the meat and cooking until brown (about 5 minutes). Add all of the spices to meat: chili powder, cumin, cayenne pepper, cinnamon, cloves, salt and pepper. Stir to combine and cook 30 seconds longer then transfer to a slow cooker.
 2. Add the remaining ingredients to the slow cooker: brown sugar, diced tomatoes, chicken broth, pumpkin puree and black beans. Stir until well combined. Cover and cook for 6-7 hours on low or 2-3 hours on high.
 3. Once chili is done, distribute into bowls and top with fixin's such as cilantro, greek yogurt and cheddar cheese. Makes 4 servings. Double the recipe for a crowd!
- NOTES
 - o Recipe can be made in under an hour on the stove top if that's what you're looking for. Follow directions, except cook turkey completely, then add remaining ingredients, stir, bring to a boil, then cover, reduce heat to low and simmer for 45 minutes!

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Pumpkin Cornbread

Ingredients

- 1 cup pumpkin purée, canned
- 1 cup milk
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 2 eggs
- 1 ½ cups stone ground yellow cornmeal
- ½ cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1 tablespoon unsalted butter

Directions:

1. Heat the oven to 400 degrees, and place inside a 9-inch cast iron skillet or a 2-quart baking dish.
2. Whisk together the pumpkin purée, milk, olive oil, honey and eggs.
3. Place the cornmeal in a large bowl, and sift in the flour, baking powder, baking soda and salt.
4. Stir the dry ingredients into the wet ingredients and mix together. Do not overwork.
5. Remove the baking dish or pan from the oven, and add the butter. When it has melted completely, brush the sides of the pan with a pastry brush; tip the excess melted butter into the batter, and quickly mix it in. Scrape the batter into the hot pan, and return it to the oven.
6. Bake for 35 to 40 minutes until a tester comes out clean.
7. Remove from the oven, and allow to cool in the pan for at least 20 minutes before serving.