

Jack in the Pumpkin

Hands-on - 60 min. Oven/Exercise - 75 min. **Serves 6**

This delicious and hearty Mexican style dish is baked in a hollowed-out pumpkin or squash, providing for the ultimate autumn holiday dish! It's also fun to use small pumpkins for single-serving bowls for each guest. This dish is equally good baked in a casserole dish.

Preheat oven to 375°.

Menu

Jack in the Pumpkin
Marinated Vegetable Salad
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Canned Peaches

1 cup wild/brown rice mixed
 (1/4 wild, 3/4 brown), dry
 2 cups water and/or broth, 1/3 less sodium
 1 onion, chopped

Cook in a medium saucepan over medium heat about 45 minutes until done.

1 med pumpkin (pie pumpkin is best) or
 2 lg buttercup squash

Meanwhile, wash and carefully carve open a lid that provides a fairly wide opening. Be sure to carve with your knife at an angle so the lid does not slip through opening after it bakes. (A saw-tooth pattern is especially attractive.) Scoop out all seeds and pulp and discard. Set aside bowl and lid.

1 T oil (olive or canola)
 1 tsp minced garlic (4 cloves)
 1/2 each red, green and yellow bell pepper,
 seeded and chopped
 2 onions, chopped

Heat oil in a large stir-fry pan over medium-high heat. Add garlic and vegetables and stir-fry a few minutes.

3/4 cup medium or hot salsa (strain so salsa is thick)
 2 cups frozen corn
 2 cans (16 oz each) black beans, rinsed and drained
 1/4 cup chopped fresh parsley
 2 tsp cumin seed
 1 tsp dried oregano
 1/8 tsp cayenne
 1/4 tsp salt

Add to sauté along with cooked rice. Bring to a simmer for a few minutes. There should be minimal liquid.

Carefully spoon mixture into pumpkin. Place pumpkin on a baking sheet, with the lid alongside. Set timer for 1 hour and 15 minutes. Consider making a colorful *Marinated Vegetable Salad*.

How about a long fall bike ride? Use the extra time for toning exercises like sit-ups, push-ups, leg lifts and, of course, stretching!



When timer goes off, remove from oven. Place pumpkin lid on top of pumpkin, if desired, and serve proudly. Meat from inside pumpkin will be tender and tasty to eat as well as its contents.

Nutrition information for approximately 1 cup, without pumpkin or squash

Calories	353	Fat	5 g	Fiber	12 g	Sodium	538 mg	Total Carbohydrate	64 g
Calories from Fat	13%	Saturated Fat	<1 g	Cholesterol	0 mg	Protein	15 g	Sugars	10 g