

Holiday Recipes

Pumpkin Bisque Yield: Serves 4 to 6

1½ cups diced white onions	1/2 teaspoon cinnamon
2 tablespoons broth or water	1/4 teaspoon cayenne
2 cups canned pumpkin	1/4 cup sherry wine
5 cloves roasted garlic	1/2 teaspoon sea salt
3 cups vegetable stock	Freshly ground black pepper, to taste
1½ tablespoons maple syrup	1/4 cup toasted pumpkin seeds (optional)

Sauté onions on medium heat in broth/water until translucent. Blend pumpkin, garlic, onions, and next 7 ingredients in a high-speed blender until smooth. Transfer blended soup to pot and place over low-medium heat. Serve warm with garnish of toasted pumpkin seeds. by Chad Sarno

Fresh Cranberry Relish

1 large orange
1 (12 oz) bag fresh cranberries (or 1½ cups)
1 (10 oz.) container frozen sweetened raspberries, thawed
1 (20 oz.) can crushed pineapple in juice
1/3 cup agave nectar, or 1/2 cup natural white sugar (or to taste) or Xylitol, etc.

Peel the orange and place the peelings in a food processor, then process until the peelings are finely chopped. Add the orange segments, cranberries, and raspberries to the chopped peel in the food processor, then pulse on and off until the fruits are chopped. Stir in the pineapple and agave or sugar and adjust to taste. Serve chilled.

www.vegangel.com (Courtesy of LuAnn Bermeo and her *Amazing Meals* cookbook)

Three Sisters Salad (8 1-cup servings)

Native Americans referred to squash, corn, and beans as the "three sisters" because they grow well together and their flavors and textures complement each other nicely in cooking.

2 c. julienned/chopped butternut or kabocha squash	1/4 cup pumpkin seeds
1 c. julienned/chopped jicama	1/4 cup seasoned rice vinegar
1 red bell pepper, seeded and chopped	2 tablespoons lemon or lime juice
1 15-ounce can corn, drained	1 teaspoon ground cumin
1 15-ounce can black beans, drained and rinsed	1 teaspoon ground coriander
1/2 cup chopped red onion	1 teaspoon chili powder
1/2 cup chopped fresh cilantro	1 garlic clove, pressed or minced

Combine squash, jicama, bell pepper, corn, beans, onion, cilantro, and pumpkin seeds in a large bowl. In a separate bowl, mix vinegar, lemon/lime juice, cumin, coriander, chili powder, & garlic. Pour over salad & toss.

NutritionMD.org

Quinoa Pear Pecan Salad (Serves 2 as a meal.)

1 cup quinoa, rinsed	1/2 cup raw pecans
1 pear, sliced thin	1/2 cup of berries of your choice
1 cup spinach, washed	1 cinnamon stick or 1/2 tsp. ground cinnamon

In medium saucepan, bring 1 cup quinoa, cinnamon, and 2 cups water to a boil. Cover and simmer for 20-25 minutes until the quinoa 'tail' is visible and the water is absorbed. Let sit covered for 5 minutes and fluff with fork. In a glass bowl, mix in quinoa, spinach, and pear slices. Top with berries and pecans.

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