

Spooky Halloween Pumpkin Recipes



the lunch box diet PUMPTASTIC

Meals, Boxes, Soups, Snacks

The Lunch Box Diet: Pumptastic Spooky Halloween Recipes - Meals, Boxes, Soups & Snacks

Please Feel Free To Distribute This Book To Your Friends & Family So They
Can Enjoy The Fun, Healthy Recipes Over The Halloween Period

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<http://www.facebook.com/lunchboxdiet>

Halloween Special Offer!

If you haven't started The Lunch Box Diet yet and want to benefit from the a
very special Halloween offer, check out the following link....

<http://www.lunchboxdiet.co.uk/order/halloweenfatacular/>

Spooky Introduction from Vampire Lovell...

Ha ha ha ha (sinister laugh). Welcome to The Lunch Box Diet: Pumptastic - a
collection of free recipes to be used with famous Lunch Box Diet - voted 'the
best diet' 5/5 by Elle Magazine.

So grab your vampire suit, let in the bats and tuck into some of the most
delicious recipes that you can sink your teeth into, recipes that will give you
crazy, unstoppable energy, help you lose weight and feel fantastic. If you're
someone who finds it hard to stay motivated to lose weight then check out the
awesome <http://www.weightlossmindpowerforlife.com/>.

Now, remember, even though these recipes can be used on their own, it's
important to understand how The Lunch Box Diet works, and that's why I
invite you to visit www.lunchboxdiet.co.uk for a run down on the basics and to
get hold of my amazing freebies.

But you will get a lot from these recipes on their own. Create them, share
them and watch yourself turn into a new being. Ha!

Oh, just one last request - if you could review this ebook on the site that you
downloaded it from I'd be really thankful!

All the best and have a happy Halloween!

Simon

Pumpkin and its Nutritional Benefits

The pumpkin

A fruit that is usually consumed as a vegetable, the pumpkin is both delicious and nutritious. There are numerous varieties of pumpkins which come in a variety of shapes and sizes and they are all delicious. A member of the Cucurbit or gourd family, the word pumpkin originated from the word "pepon", meaning large melon. The cucurbit family consists of melons, cucumbers, squash, pumpkins and luffas. The original pumpkin had a crooked neck, but the species eventually evolved into the types we know today such as the very popular Jack-o-lantern.

Pumpkins are believed to have originated in ancient America and were grown alongside beans and corn, where they were known as the "three sisters". The Native Americans used pumpkins in a variety of ways such as drying and beating into flour, roasting and parching. They even used the blossoms and flowers in stews. The pumpkin also served them well during the winter as some varieties store well, and when roasted or dried pumpkin can keep even longer. The Native Americans also ate the pumpkin seeds and in some cases used them as medicine. Did you know that pumpkin seeds are a very good source of protein and the skin of the pumpkin adds extra roughage?

Nutritional contents of Pumpkins

Very high in fibre and low in calories, the pumpkin is a nutritious fruit that is used in many cuisines and households around the world. Potassium rich, high in magnesium and beta-carotene, pumpkin is definitely a super food. Without pumpkin in your diet you could be missing out on the many benefits that this nutrient rich food will supply. A very high supply of Vitamin A, at 2650 IU (International Unit) per cup or 150g of cooked weight, the pumpkin is a great addition to any diet.

Definitely a super food, pumpkin is good for building strong bones and teeth with its supply of calcium. A good source of iron, pumpkin also aids in the control of hypertension with one cup or 150 g of cooked pumpkin containing 564 mg of potassium. Also contained in pumpkin is selenium which is known for its antioxidant properties that help fight free radicals, Vitamin C which boosts the immune system and Magnesium which is good for overall health.

Here are the nutrition facts per one cooked cup of pumpkin.

Calories 49, Protein 2 grams, Carbohydrate 12 grams, Dietary Fiber 3 grams, Calcium 37 mg, Iron 1.4 mg, Magnesium 22 mg, Potassium 564 mg, Zinc 1 mg, Selenium .50 mg, Vitamin C 12 mg, Niacin 1 mg, Folate 21 mcg, Vitamin A 2650 IU, Vitamin E 3 mg

Pumpkin Nutrients defined

Vitamin A: By far the nutrients that pumpkin is most known for, are its combination of Carotenoids. The Alpha-carotene Beta-carotene and beta-cryptoxanthin work together in synergy to produce vitamin A. Vitamin A promotes healthy eyesight and keeps the respiratory, urinary and intestinal tract intact, which helps to prevent bacterial infections.

The carotenoid found in bright colored foods is called provitamin A carotenoid which creates retinol in the body. Consuming Beta-carotene is the most effective way to boost retinol levels.. Without Vitamin A, the the body's ability to fight infections is greatly reduced. In some countries where there is a known deficiency of this vitamin, many children die from complications caused by infectious diseases. However the most common and first sign of deficiency is night blindness. Night blindness is caused when the cornea becomes very dry and causes both the retina and cornea to be damaged. Just ½ cup or 75 g of cooked pumpkin supplies two servings of the recommended daily amount of Vitamin A needed.

Vitamin E: Vitamin E is a fat-soluble nutrient that is also found in pumpkin. Vitamin E acts as an antioxidant and helps to fight free radicals. When our bodies convert the food to energy, compounds are formed known as free radicals, and are also found in the environment such as UVB/UVA rays, cigarettes and the air. These free radicals can be defined as carcinogens or cancer causing agents. We need vitamin E to boost our immune system so that we can fight off bacteria and viruses. The body also needs vitamin E to boost its immune system so that it can fight off invading bacteria and viruses. Vitamin E expands the blood vessels so that the blood won't clot inside of them.

Potassium: Having enough of this mineral in the diet could reduce the risk of stroke, hypertension, heart disease, hypoglycemia, diabetes, obesity and kidney disease. Potassium is also known to increase muscular strength, including the heart muscles. It also helps to relieve anxiety, stress and irritability. As the third most ample mineral found in our bodies, potassium is good for general health. Another healthful benefit of potassium is in keeping the water balance in our cells. This helps to reduce high blood pressure and protect us against the effects of sodium on blood pressure. A diet containing pumpkin will help to supplement this mineral.

Magnesium: Found mainly in the bones, magnesium is the fourth most plentiful mineral found in our bodies. Needed for a number of biochemical reactions in the body, magnesium helps regulate normal muscle and nerve function. Supporting a healthy immunity, this mineral also keeps the rhythm of our heart steady and keeps our bones very strong. Magnesium is known for the regulation of blood sugar levels and it assists in balancing blood pressure too. Very important in protein synthesis, it also helps in the metabolism of energy. Without this very important mineral in our diet, the risk of hypertension, heart disease, and diabetes is greatly increased. So definitely

eating a lot of pumpkin will keep us in good shape.

Vitamin C: Vitamin C or ascorbic acid is also found in pumpkins. This is one of the most powerful antioxidants that we can ingest. This vitamin boosts our immune system and helps to fight free radicals. Vitamin C is needed to make collagen which is needed to help heal damaged tissue. It is also said to be the cancer-fighting vitamin as people who have a diet rich in vitamin C do better at staving off the disease.

Dietary Fiber is another really important element found in pumpkin. Known as roughage, it cannot be absorbed and while being eliminated prevents constipation. There are two types of dietary fiber; soluble and insoluble fiber. Soluble fiber is able to dissolve in water to form a gel like substance which assists in lowering cholesterol and blood sugar. Insoluble fiber cannot be dissolved and moves through the digestive tract cleansing along the way and keeping the bowels free. Pumpkin contains both soluble and insoluble fiber.

Trace Mineral and Vitamins: Other minerals and vitamins found in pumpkin include **protein** which helps build and repair body tissue, **iron** which is responsible for the regulation of cell growth and the transportation of oxygen to our body's tissues and **calcium** which is responsible for the strengthening of bones and teeth. The nerves also rely on calcium to carry signals to the brain. **Zinc** is also important for healthy bodily function. It is found in cells throughout the body, and without it we will not be able to fight off bacteria and viruses. Another very important nutrient in pumpkin is **Selenium**. Only required in very small amounts it is incorporated into proteins to make selenoproteins. Selenoproteins are very important antioxidant enzymes which help fight free radicals. **Niacin** is essential to help the body break down fats, carbohydrates and proteins. It is needed for general health and pumpkin contains this nutrient. **Carbohydrates** are also found in pumpkins. This very essential nutrient provides energy to our bodies. Carbs are broken down into glucose during the digestive process, then absorbed through the walls of the intestines and sent to the muscles and blood cells to be used immediately for energy. Without carbs in our diet, we would be weak and lethargic. Last but definitely not least is **Folate**. Especially important for pregnant women, this form of vitamin B helps prevent anemia.

How to store your pumpkin

Whole

After purchasing your pumpkin at the market, it is advisable to put it in direct sun, away from frost, for a while to help preserve its colour and quality. According to Jack Creek Farms, you should never place the pumpkin directly on a wooden table or on the carpet on the floor as this action may cause the pumpkin to bruise and soften thus causing it to ooze pumpkin juice. Place a

towel on the hard surface before placing your pumpkin on it to prevent premature aging. The same rule applies for displays.

For storing pumpkins during the winter, months, , place pumpkins in single layer, on cardboard, wood or best of all on straw in a clean dry storage area.. Do not store pumpkins on or in plastic or synthetic materials. If you have enough straw, use some to cover the pumpkins and protect them from below freezing temperatures.

Check on your pumpkins once per week to make sure that they have not started to soften. If the pumpkins have started to soften see below for instructions. Some type of pumpkins will store for up to 3 months while other varieties can last for 6 months.

Cooking Tips

If you have a half of a pumpkin and you are not ready to use, consider canning, drying or freezing. Here are some tips on storing the pulp of the pumpkin.

Boiling: In large pot pour water (for every 950 g or two lbs of pumpkin pour one inch of water). For large chunks simmer for 20 – 25 minutes. For smaller chunks simmer for 10 – 15 minutes. Bring water to a boil, add pumpkin and reduce heat to let simmer. Drain and let cool.

Steaming: In a pot with a steaming rack, fill to one inch. Add pumpkin (chunks or diced), bring to a boil then reduce heat and let steam for about 30 minutes. Drain and cool.

Baking: Halve the pumpkin much like making two bowls. Scoop out stringy pulp with seeds. Reserve seed. If the flesh is dry, cover the open side with foil, if it is moist leave it open. Place on baking sheet foil side up and bake in 350°F for 1 ½ hours. Cool then scoop out flesh.

What to do with the prepared pumpkin flesh?

For freezing: After using any of the above cooking methods, mash your pumpkin with a potato masher or puree in a food processor. When pumpkin is completely cool, package in Ziploc freezer bags or freezer containers. Frozen, it will be good to use for up to six months.

For immediate use, Measure out the amount of pulp you need for your recipe. A 5-pound or 2.2 kg pumpkin will yield approximately 4 cups or 600 g of cooked pumpkin pulp.

Other useful tips.

If your pumpkin starts to soften, you have several options.

- Cook your pumpkin using the above cooking methods.
- You can roast your pumpkin seeds to have them as snack. See below instructions for roasting the seeds
- If the pumpkin is not mouldy, you may feed the softened pulp to your animals.
- Use it in the compost pile to help replenish and add moisture to your garden.
- Save the seeds to plant in your own garden, by washing and placing on several layers of newspaper in a single layer. Let them air dry and store them in a Ziploc bag. I personally prefer a paper bag for storage.
- Don't over cook your pumpkin. You can tell when it is done when a fork inserted passes through easily. Overcooking will destroy some of the nutrients contained in pumpkin.

To Summarize

Deciding to include pumpkin in the diet may be one of the best decisions you could make for your health. Many of the nutrients found in pumpkin are immunity boosters, antioxidants and disease fighting. Some of these nutrients also supply the required daily amounts needed in the diet. With pumpkin in your diet, you do not need dietary supplements because pumpkin supplies most. Easy to prepare and delicious to eat it is a complement to any meal. Its sweet flavour adds punch and zip to your recipes and can be used for sweet or savoury dishes. From desserts to entrees, pumpkin will spice up any meal.

Halloween Recipes

Lunch Box Diet Boxes

For more recipe ideas and to start the system in full visit
www.lunchboxdiet.co.uk

Vampires Garden Medley

Group A

75 g or ½ cup diced courgettes

75 g or ½ cup diced carrots

150 g or 1 cup diced pumpkins

75 g or ½ cup green peas

Lettuce Leaves

Group B

75 g or ½ cup cooked chickpeas (garbanzo beans)

75 g or ½ cup cooked broad beans

Group C

150 g or 1 cup minced onions

3 garlic cloves minced

1 tablespoon chopped fresh parsley

2 tablespoons olive oil

3 tablespoons vegetable stock.

Salt and pepper to taste

Active Carbohydrate

175 g or 1 cup diced potato

Method: Wash and dry lettuce, add to box.

Sauté onion and garlic for 3 – 5 minutes on medium. Add vegetables, chickpeas, broad beans, potatoes and stock. Season to taste. Cover and let steam on low, until potatoes are tender. Cool. Add to box. Sprinkle with chopped parsley.

Batty Jamaican Style One Pot Wonder**Group A**

Lettuce leaves (reserved)

150 g or 1 cup green peas

150 g or 1 cup sweetcorn

450 g or 1 lb pumpkin peeled and diced

Group B

250 g or 2 cups cooked ham or chicken diced

Group C

2 spring onions bruised and chopped

1 onion minced

1 large sprig fresh thyme

Salt

950 ml or 4 cups coconut milk

1 tablespoon olive oil

½ teaspoon cracked pimento seeds

3 garlic cloves mashed

Active Carbohydrate

450 g or 2 cups brown rice

Wash and drain lettuce leaves, add to box.

In a sauce heat oil and sauté onions, garlic and spring onions. Add pimento seeds and thyme. Sauté for another 2 minutes then add vegetables and coconut milk. Salt and pepper to taste. Cook vegetables until pumpkin is a bit tender but still firm. Add rice, reduce heat to low and simmer until all liquid has evaporated. You can taste the rice to make sure it's done. When rice is cooked, stir in ham or chicken and let steam for another 5 minutes. Add to lunch box on a bed of lettuce.

Blazing Spooky Barbecue

Group A

A handful of rocket leaves
3 baby carrots
3 baby sweetcorn
3 (2 inch or 10cm) cucumber wedges
230 g or ½ lb roasted pumpkin, sliced

Group B

3 slices barbecue pork

Group C

½ tsp sesame seeds
1 tsp sliced almonds
3 large grapes finely minced
3 tbsp red wine vinegar
1 – 2 tbsp water
2 tbsp honey
2 tbsp vegetable oil

Active Carbohydrate

1 small baked potato (optional)

Wash and drain rocket leaves. In a jar with a tight lid, combine red wine vinegar, honey, water. Close lid tightly and shake. Add vegetable oil and repeat process. Add more honey if needed. In a bowl, place rocket leaves and add dressing one tbsp at a time until desired taste is acquired. Add to lunch box and sprinkle on sesame seeds, almonds and grapes. Also, add to the lunch box your pumpkin, potato (optional) and barbecued pork. Enjoy.

Fast N Easy Pumpkin Turkey!

Group A

50 g or ½ cup sliced celery
75 g or ½ cup sliced carrots
75 g or ½ cup sliced radish
300 g or 2 cups diced cooked pumpkin
A handful of assorted lettuce leaves

Group B

125 g or 1 cup cubed roasted turkey breast

Group C

Grated Parmesan cheese

Active Carbohydrate

1 slice pumpkin loaf (see recipe)

Method: Wash and dry lettuce leaves. Add to box.

In a steamer, steam carrots and celery for two minutes, Cool, then add to box on top of lettuce leaves. Add radish and turkey. Sprinkle on grated Parmesan cheese.

Bog Bogey Beef

Group A

A handful of watercress
300 g or 2 cups diced cooked pumpkin
40 g or ¼ cup cucumbers – diced finely
50 g or ¼ cup tomatoes – diced finely
50 g or ¼ cup beetroot – diced finely
45 g or ¼ cup broccoli florets cut small

Group B

100 g or ½ cup diced roasted beef
Diced cheddar (optional)

Group C

1 tsp balsamic vinegar
A pinch of black pepper
2 tablespoons olive oil
½ tsp of sugar

A pinch of salt
2 tbsp toasted pumpkin seeds

Active Carbohydrate

110 g or ½ cup cooked pearl barley

Wash and drain watercress. Add to box.

Using a fork or whisk, combine all ingredients from group C. In a bowl, combine cucumbers, tomatoes, broccoli, and barley. Pour on dressing and let stand for 10 -15 minutes. Add to lunch box. Add beetroot, beef and cheese. Top with pumpkin seeds. Enjoy

Soups

Halloween Pumpkin Surprise

Group A

1 whole medium or small pumpkin

1 large carrot thickly sliced

Group B

225 g or 3 cups cooked or tinned chick peas (garbanzo beans)

Group C

240 ml or 1 cup coconut cream

2 large onions quartered then cut crosswise

2 bulb garlic separated

Salt

Cracked black pepper

Olive oil

1.2 litres or 5 cups of water

2 tablespoons fresh thyme

Active Carbohydrate

1 large potato diced

Method: Preheat oven to 180 C or gas mark 4. Make a circular cut around the

stem of the pumpkin so the pumpkin looks like a bowl with a lid. Use a spoon to remove the seed and loose innards. Using a basting or pastry brush, brush the inside of the pumpkin and the inner lid of the stem with olive oil. Roast pumpkin until the inside is tender and flaky. Also, place a baking tray in the oven, containing potatoes, carrots, onions, chickpeas and garlic. Drizzle with olive oil and bake alongside the pumpkin. Vegetables are done when they are tender.

When pumpkin is cooked let cool for 15 minutes. Using a spoon, scrape out about 2 to 3 cups of the pulp being careful to scrape evenly so that shell does not collapse. Reserve shell.

When vegetables are done remove garlic skin and place all the roasted vegetables, pumpkin, thyme and chickpeas into a saucepan.. Bring to a boil then reduce heat and simmer for 20 minutes. Remove from heat and let cool for 10 minutes and then puree. Return to saucepan on low heat. Add coconut cream and stir. Add more water if needed for your desired consistency. Let soup simmer for 5 minutes then pour in reserved pumpkin shell to serve. Top with cracked black pepper.

Say Cheese, Pumpkin Please!

Group A

450 g or 1 pound pumpkin diced

Group B

Grated cheddar cheese

Group C

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic, crushed
700 g or 3 cups chicken stock
1 tablespoon tomato paste
¼ teaspoon salt
¼ teaspoon pepper

Active Carbohydrate

Whole wheat croutons

Method: Heat oil in a large saucepan over medium heat. Add onions and garlic and cook until translucent. Add pumpkin and cook 3 minutes, until lightly softened. Add stock and paste and stir to mix. Bring to a boil over high heat, lower to a simmer, and cover. Cook for 20 minutes, until pumpkin is very tender. Puree and serve with cheese, cracked pepper and croutons.

Chicken Pumpkin soup

Group A

150 g or 1 cup sliced carrots

150 g or 1 cup green peas

150 g or 1 cup sweetcorn

900 g or 2 lbs pumpkin diced

Group B

450 g or 1 lb boneless skinless chicken, trimmed and cut into bite size pieces

Group C

2 tablespoons fresh thyme

75 g or ½ cup chopped green onions

3 garlic cloves crushed

½ teaspoon ground pimento

1 tablespoon olive oil

1.2 litres or 5 cups chicken stock

Cracked black pepper

Active Carbohydrates

175 g or 1 cup diced potatoes

Method: In a large saucepan heat olive oil. Sauté chicken, garlic and thyme for 3 minutes. Add stock and bring to a boil. Add all other ingredients and simmer on medium low, stirring constantly, until vegetables are tender and chicken is cooked.

Porky Pumpkin Pleasure!

450 g or 1 lb lean pork cut, diced
2 tablespoons olive oil
75 g or ½ cup onions
700 g or 1 ½ lbs pumpkin diced
1 medium carrot sliced thickly
150 g or 1 cup green peas
1 teaspoon dried herbs
a pinch of cumin
950 ml or 2 pints of vegetable or pork stock
Black pepper
4 garlic cloves mashed
1 large potato peeled and diced

Method: In a large saucepan sauté onions and garlic in olive for 3 minutes. Add pork and seasoning and sauté another 6 minutes or until pork appears opaque. Add stock and bring to a boil. Add all other ingredients. Bring to a boil then reduce heat and simmer covered, stirring occasionally, for 30 – 40 minutes.

Health Smart Pumpkin Soup

1 tablespoon olive oil
1 onion, chopped
950 g or 2 lbs pumpkin
1 medium carrot
3 sprigs fresh rosemary
950 ml or 2 pints of vegetable stock
3 bay leaves
240 ml or ½ pint of low fat milk or fat free milk

Method: In a large saucepan, heat olive oil for 3-4 minutes. Add pumpkin, carrot and rosemary and cook, stirring for 2-3 minutes. Add stock and bay leaves. Bring to the boil, cover and simmer for 12-15 minutes until vegetables are tender. Remove any rosemary stalks and bay leaves. Place a third of the

soup into the blender with a third of the milk and puree. Pour into a large bowl. Repeat with the remaining soup and milk and return soup to the saucepan, heat through and serve. Serve with cracked black pepper.

Creamy Chicken Pumpkin Passion

Group A

950 g or 2 lbs pumpkin diced
150 g or 1 cup carrot

Group B

125 g or 1 cup of cooked shredded chicken

Group C

1 onion diced
950 ml or 2 pints of chicken stock
chopped parsley for garnish
2 tablespoons low fat unsweetened yogurt
water
olive oil

Active Carbohydrate

90 g or ½ cup diced potatoes

In a saucepan bring stock to a boil. Add onions, garlic, carrots, pumpkin, chicken and potatoes. Cook until vegetables are tender. Purée soup in blender. (Add some water if soup is too thick and return to heat to warm through). In a small bowl, thin yoghurt with a little water to the consistency of heavy cream. Pour soup in warmed bowl, swirl in yoghurt, and drizzle with olive oil. Top with parsley and enjoy.

Lean Beef Pumpkin Soup

Group A

150 g or 1 cup sliced carrots
300 g or 2 cups diced pumpkin
100 g or 1 cup kale

Group B

250 g or 2 cups lean roast beef cut in strips

Group C

- 1 onion diced
- 3 garlic cloves mashed
- 15 g or ½ cup fresh chopped parsley
- 2 tablespoons fresh rosemary
- 1 tablespoon olive oil
- 950 ml or 2 pints of beef stock

Group D

- 150 g or 1 cup diced yams

Method: In a sauce pan, saute onions in olive oil for 3 minutes. Add stock and bring to a boil. Add yams, vegetables, garlic, parsley and rosemary. Bring to a boil on a high heat and then reduce to medium low. Simmer until all vegetables are tender. Add roast beef and cook for 3 more minutes.

Evening Meals

Classic Chicken And Pumpkins

Group A

- 950 g or 2 lbs pumpkin peeled and sliced (3 inch x 1 inch)

Group B

- 2 skinless chicken breasts

Group C

- 1 large onion, chopped
- 120 ml or 4 fl oz water
- 1 tablespoon olive oil
- 2 tablespoons fresh thyme
- Salt and pepper

Chopped fresh parsley for garnish

Active Carbohydrate

2 large baking potatoes scrubbed and slit crosswise on one side.

Method: In a saucepan, coat bottom with olive oil. Season chicken with salt and pepper and lay them at the bottom. Sprinkle on thyme, chopped onions and lay pumpkin slices on top. Cover saucepan and allow to steam on medium low until chicken is fork tender. While cooking, keep turning over chicken and pumpkin so that they are combined evenly.

Bake potatoes in oven 190 C or gas mark 5 until tender to the touch or can be flaked with a fork. Serve with steamed chicken and pumpkins. Have a green salad on the side.

Braised Salmon with Pumpkin sauce

For the sauce

150 g or 1 cup diced pumpkins

75 ml or 1 pint of fish stock

1 tablespoon olive oil

2 garlic cloves mashed

1 teaspoon fresh thyme leaves

½ onion minced

Salt

Method: In a saucepan, sauté onion and garlic in olive oil until onions are translucent. Add pumpkin and thyme. Sauté for 5 minutes then add stock. Cook on medium until pumpkin is very soft. Remove from heat and let cool for 15 minutes. Puree in blender until very smooth.

For Salmon

2 Salmon steaks

Salt

Pepper

2 tablespoons olive oil

Season salmon with salt and pepper. Heat olive oil in a frying pan or skillet and brown the salmon, skin side down first. When skin is deep brown flip and brown for 5 minutes on other side. Remove from pan and let rest for 5 minutes before serving. Serve with pumpkin sauce.

For the Love of Lamb!

- 700 g or 1 ½ lbs leanest lamb diced
- 450 g or 1 lb pumpkin diced
- 700 ml or 1 ½ pints chicken stock
- 225 g or 1 cup tomato pasta sauce or canned tomato sauce
- 75 g or 1 cup cooked chickpeas
- 115 g or 1/2 cup wild rice
- Fresh coriander leaves, to serve
- Greek-style natural yoghurt, to serve (optional)
- A pinch of coriander
- A pinch of cumin pinch of ginger powder
- A pinch of cinnamon
- A pinch of allspice
- A pinch of ground cloves

Method: Bring stock to a boil in large pot. Add lamb and spices and cook covered on medium low until lamb is tender. Add chickpeas, wild rice, tomato sauce and pumpkin. Add more water if needed. Cover and cook on medium low until pumpkin is cooked. Remove from heat and stir in coriander leaves. Serve with Greek yogurt and cracked black pepper.

Roasted Vegetable and Pumpkin Medley

For Roasted ChickPeas (Garbanzo Beans)

- Ingredients
- 300 g or 1 ½ cups uncooked garbanzo beans
 - 100 g or 1 cup pitted olives (sliced)
 - 2 tbsp. chopped garlic
 - 2 cloves garlic peeled and smashed
 - 1 medium onion chopped

1 bunch fresh thyme, strip the leaves and reserve the stalk
2 tbsp. olive oil
¼ tsp. salt and extra for cooking beans

Method: Wash and soak beans overnight in 3 – 4 cups water. Drain; add 3 – 4 cups water, pinch of salt and the cloves of garlic. Cook beans until tender but not too soft. Drain and pour in casserole dish. Add chopped garlic, onion, thyme leaves, thyme stalk, olives, olive oil and salt. Stir to combine. Bake uncovered in oven at 190C or gas mark 5 for 30 minutes or until golden brown. Stir every ten minutes to make sure all the beans are baked.

For Roasted Vegetables

950 g or 2 lbs pumpkins cut in chunks
2 large baking potatoes scrubbed and quartered
4 medium onions quartered
1 garlic bulb, separated and peeled
Salt
Olive oil

Method: On a baking tray, lay out pumpkin, potato, garlic and onion, drizzle olive oil and sprinkle with salt. Bake in oven 190 C until potatoes and pumpkin are fork tender. Serve with roasted chickpeas and a green salad.

Savory Pumpkin Pie

700 g or 3 lbs pumpkin, cooked and mashed
120 ml or 4 fl oz low fat milk
1 small onion grated
3 garlic cloves mashed to a paste
190 g or 1 ½ cup cheddar cheese
Extra cheese for topping
Grated Parmesan cheese for topping
1 egg beaten
Black pepper
25 g or 1 cup chopped fresh parsley

Preheat oven to 180 C or gas mark 4 . In a large bowl, beat egg, add milk, onion, and mix. Fold in pumpkin, cheese, and parsley. Lightly grease a pie tin

and pour in mixture. Bake until cheese has melted and become golden brown. Have as a side dish or for lunch with a salad.

Deserts and Snacks

Perfect Pumpkin-Chocolate Mousse

(Desert)

130 g or 3/4 cups semisweet chocolate chips
1 box (280 g or 10-oz) silken tofu
225 g or 1 cup mashed cooked pumpkin
1 tsp vanilla extract
2-3 tbsp light brown sugar
1/4 tsp salt
1 tsp raspberry vinegar (white cane vinegar is also good)

Melt the chocolate chips in a Bain Marie or very carefully in a microwave at a low power.

Meanwhile, place the tofu and 2 tablespoons of the pumpkin into a blender and begin to puree. Gradually add the remaining pumpkin, processing between additions to make sure it all whips up smoothly. Add the vanilla, sugar, salt, and vinegar as you go.

Pour in the melted chocolate (okay if it is still hot). Puree one more time until very smooth and uniform, and taste to adjust the sugar. Transfer the mousse to a container or to individual serving dishes, cover tightly with cling film, and chill for at least 2 hours before serving.

Quickie Pumpkin Loaf

(Snack or carb for main meal)

2 tablespoons flax seed meal
6 tablespoons soymilk
300 g or 1 1/2 cups sugar
250 g or 1 cup pumpkin puree
90 g or 1/2 cup carrot puree

160 g or 1 1/3 cups whole wheat flour
40 g or 1/3 cup whole wheat pastry flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
3/4 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon ground nutmeg

Method: Preheat oven to 180 C gas mark 4. Lightly grease one 9x5 inch loaf pan. Whisk together flax seed meal and soymilk. Mix in sugar, pumpkin and carrot puree. In a large bowl, stir together whole wheat flour, baking soda, cinnamon, salt, baking powder and nutmeg. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into the prepared pan. Bake in preheated oven for 65 to 70 minutes or until a toothpick inserted into center of the loaf comes out clean.

Note: oven temperatures vary so keep checking loaf.

Easy Pumpkin Pie

(Dessert)

9 inch (or 23 cm) pie dish
900 g or 4 cups cooked mashed pumpkin
475 ml or 1 pint of coconut milk
100 g or 1/2 cup sugar
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
1 heaped tablespoon of corn flour
2 eggs beaten lightly (until foaming a little)

Preheat oven 180C or gas mark 4 degrees. In a large bowl, combine all ingredients. Pour into pie dish and bake for 45 minutes or until pie is firm to the touch.

Nutty Pumpkin Chocolate Muffin

(Desert)

180 g or 1 ½ cups whole wheat flour
100 g or ½ cup sugar
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon salt
240 ml or ½ pint of low fat milk
125 g or ½ cup cooked pumpkin puree
60 ml or 2 fl oz of vegetable oil
1 medium egg
170 g or 6 oz semisweet chocolate chips
20 g or ¼ cup sliced almonds

Method: Preheat oven to 200C or gas mark 6. In a large mixing bowl, combine flour, sugar, baking powder, cinnamon, and salt. Form a well in the centre. In a small bowl, combine milk, pumpkin, oil and egg. Add to the well in the flour mixture and stir until lightly mixed. Add chocolate chips and stir until the mixture is moistened. Spoon mixture into greased muffin cups, filling each ¾ full. Sprinkle a few sliced almonds over muffin. Bake for 20 minutes, then remove from oven and cool for minutes. Remove from pans and allow to completely cool on racks.

Halloween Pumpkin Soufflé

(Desert)

600 g or 2 cups pumpkin puree
3 eggs
100 g or ½-cup sugar
170 g or ½ cup honey
60 ml or 2 fl oz low fat milk
3 tablespoons unsalted butter, softened
1 teaspoon vanilla
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon salt

Method: Preheat oven to 160C or gas mark 3 . Lightly grease 4 – 6 ramekins. In a large bowl, beat eggs until stiff peaks appear. In another bowl, combine sugar, honey, eggs, milk and mix until sugar has dissolved. Add vanilla, cinnamon, nutmeg, cloves and salt. Combine then add pumpkin puree. Fold in a third of the egg, making sure not to mix too much. Gently fold in another

portion of egg and then the final portions. Fold gently until the mixture is combined. Over mixing will yield a rubbery soufflé. Bake. Fill each ramekin $\frac{3}{4}$ full. Bake for 40 minutes or until edges are well done and centre is half done, serve immediately.

Pumpkin Yogurt Sherbet

(Desert)

500 g or 2 cups low fat unsweetened yogurt

380 g or 1 $\frac{1}{2}$ cup mashed cooked pumpkin that has been run through food processor

170 g or $\frac{1}{2}$ cup honey

With a whisk, combine yogurt and honey, whisking them together for about 5 minutes. Whisk in the pumpkin combining and whisking for another 5 – 8 minutes. Place in the freezer for ten minutes then remove and process for a minute or two in a blender or food processor. Return to freezer for another ten minutes then serve. Also good for in between meal snack.

Classic Halloween Snack

(Snack)

300 g or 2 cups raw whole pumpkin seeds

2 teaspoons vegetable oil

1 pinch salt

To prepare seeds. Remove seeds from the pulp of the pumpkin. Using a colander, rinse seeds under a tap. On a tray lined with paper towel lay out seeds to dry. Preheat oven to 150 C or gas mark 2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

Halloween Cookie Treats

(Snack)

240 g or 2 cups all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp allspice
60 ml or 2 fl oz vegetable oil
180 g or 1 cup packed brown sugar
1 egg
1 egg white
225 g or 1 cup cooked mashed pumpkin
1 tsp vanilla

Preheat oven to 180 C or gas mark 4.. In a medium bowl, using a whisk, combine flour, baking powder, baking soda, salt, cinnamon, ginger and allspice.

In a large bowl, using an electric mixer, beat oil, sugar, egg and egg white, pumpkin and vanilla. Stir flour mixture into wet ingredients until just combined. Roll out and cut into shapes then bake on a tray for 10 minutes or until golden.

Treat or Trick?

(Snack)

2 tablespoons butter
3 tablespoons brown sugar
2 tablespoons sesame seeds
75 g or 1/2 cup toasted unsalted pumpkin seeds

Method: In a skillet or frying pan, melt butter on medium heat. Add sugar, sesame seeds and pumpkin seeds and stir with a wooden spoon to combine. Keep turning over until seeds become golden brown. Immediately remove from heat and spread on a plate to cool. When candy is cool break into pieces. Enjoy as snack.

Halloween Smoothie

(Snack)

110 g or ½ cup cooked mashed pumpkin or 170 g or ¾ cup frozen mashed pumpkin
125 g or ½ cup unsweetened low fat yoghurt
2 tablespoons honey
1 tablespoon oats
5 ice cubes if freshly cooked pumpkin is being used (also optional)

In a blender, add yoghurt and pumpkin and purée. Add honey and oats and pulse. Adding one ice cube at a time blend smoothie until all ice cubes has been crushed. Enjoy as healthy snack.

If you have a smoothie blender/maker you can pour in all ingredients at the same time and just blend.

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