

Slow Cooker Pumpkin Chili

Makes 6 servings



Add all ingredients for the chili to your slow cooker and stir well to combine.

Place lid on top and cook on high 4 hours (or cook on low for 6 to 8 hours).

Once cooked, stir well and serve with green onion and choice of toppings.

Ingredients

- 1/2 yellow onion chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 14 oz can black beans, drained
- 1/2 cup quinoa
- 1 14 oz can diced tomatoes
- 1 14 oz canned pumpkin puree
- 2 Tbsp chili powder
- 2 tsp pumpkin pie spice
- 1 Tbsp pure maple syrup
- 3 cups vegetable broth, low sodium
- Optional: green onion for garnish

Enjoy!

Nutrition Facts Per Serving (1 cup)

Calories 158
Carbohydrates 31 g
Protein 6 g
Total Fat 1 g
Phosphorus 140 mg
Potassium 550 mg
Sodium 153 mg



Roasted Pumpkin Salad

Makes 6 servings



Ingredients

- 4 cups pumpkin, cut into cubes
- 1 tbsp olive oil
- 1/2 tsp pepper
- 4 cups chopped kale
- 2 tbsp crumbled goat cheese
- 1/4 cup pomegranate seeds
- 3 tbsp walnuts, chopped

For dressing:

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- Pepper to taste

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

In a bowl, toss the cubed pumpkin with olive oil and pepper until it is well coated.

Spread the pumpkin on the baking sheet and roast for 25 to 30 minutes. Remove from the oven and let it cool.

In a large mixing bowl, combine the cooled pumpkin, kale, goat cheese, pomegranate seeds, and walnuts.

To make the dressing, mix the olive oil, balsamic vinegar, honey, and pepper in a cup or jar.

Pour the dressing over the salad and toss to combine. Add salt and pepper to taste, if you like. Enjoy!

Nutrition Facts Per Serving (1 cup)

Calories 172
Carbohydrates 11 g
Protein 3 g
Total Fat 13 g
Phosphorus 75 mg
Potassium 333 mg
Sodium 44 mg

