



Maple-Pumpkin Sauté

Serve this fall-inspired side dish in place of sweet potatoes to complement entrées such as baked ham or roast turkey.

Ingredients:

- 4 cups cubed peeled fresh pumpkin (1 ½ pounds)
- 1 ½ cups chopped Red Delicious apple
- ½ cup finely chopped onion
- ⅓ cup raisins
- Cooking spray
- 3 tablespoons maple syrup
- ¼ teaspoon salt
- ⅛ teaspoon ground ginger

Directions:

- Combine the first 4 ingredients in a large nonstick skillet coated with cooking spray; cover pumpkin mixture, and cook over medium-high heat 20 minutes or until tender, stirring occasionally. Stir in syrup, salt, and ginger.

Yield: 4 1-cup servings

Nutritional Information: CALORIES 137 (3% from fat); FAT 0.4g (sat 0.1g, mono 0.0g, poly 0.1g); IRON 1.5mg; CHOLESTEROL 0.0mg; CALCIUM 47mg; CARBOHYDRATE 35.1g; SODIUM 151mg; PROTEIN 1.9g; FIBER 3.6g

Recipe Source: Cooking Light, OCTOBER 1997

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.