

5 ideas for... CANNED PUMPKIN

Think outside the pie. Sometimes, in the frenzy of Thanksgiving preparations, you stock up on one too many cans of pureed pumpkin. Instead of saving the extra for next year, use this beta carotene-rich gourd in unexpected dishes. For these recipes, we used a 15-oz. can of pure pumpkin (not sugar- and spice-loaded pumpkin pie mix).

1 Pumpkin Cinnamon Muffins Preheat oven to 400°F. Line 12-cup muffin pan with paper liners. In lg. bowl, stir together 1 box (14 to 15.2 oz.) apple cinnamon muffin mix, 1 c. pumpkin, 2 lg. eggs, ¼ c. milk, and 2 Tbsp. vegetable oil until almost smooth. Divide batter among muffin cups. Bake 18 to 20 minutes or until toothpick inserted in center comes out clean; cool on wire rack. Makes 12 muffins.

2 Velvety Pumpkin Soup In 4-qt. saucepot, melt 2 Tbsp. butter on medium-high. Add 1 shallot, finely chopped; cook 30 seconds, stirring. Add ½ tsp. cumin; cook 1 minute, stirring frequently. Add 1 can pumpkin, 2 c. lower-sodium chicken broth, and ½ c. water. Cover and heat to boiling on high. Stir in ½ tsp. salt. Serves 4.

3 Sausage & Pumpkin Pasta Cook 1 lb. rigatoni as label directs, reserving 1 c. cooking water. In 12-in. nonstick skillet, cook 8 oz. spicy Italian sausage, casings removed, on medium 6 minutes, breaking up sausage. Add 5 fresh sage leaves, finely chopped; cook 1 minute, stirring. Add 1 can pumpkin and reserved pasta water; mix well. Drain pasta; return to pot. Add sausage mixture; heat through. Stir in ½ c. grated Parmesan cheese. Serves 4.

4 Spiced Pumpkin Mash In 10-in. skillet, melt 3 Tbsp. butter on medium. Add 2 shallots, very thinly sliced; cook 5 minutes or until golden brown, stirring. With slotted spoon, transfer to paper towel-lined plate. To skillet, add 2 tsp. grated peeled fresh ginger and ½ tsp. curry powder; cook 30 seconds. Stir in 1 can pumpkin and ½ tsp. salt. Heat through, stirring. Garnish with shallots. Serves 4.

5 Chicken Peanut Stew Spray 6-qt. saucepot with nonstick cooking spray. Pat dry 1 lb. boneless, skinless chicken breasts, cut into 1-in. pieces, and sprinkle with ½ tsp. salt. Heat pot on medium-high; add chicken to pot. Cook 3 to 4 minutes or until browned all over, turning. Add 1 can pumpkin, 1 can (14.5 oz.) stewed tomatoes, ½ c. peanut butter, ½ c. water, and ½ tsp. ground coriander; break up tomatoes with spoon. Heat to boiling on high. Reduce heat to medium; simmer 5 minutes or until chicken is no longer pink in center. Serves 4.

