

Stuffed Pumpkin

Nectar

1 cup apricot nectar
½ teaspoon ground ginger
1/8 teaspoon ground coriander

Stir together and set aside. Heat and pour over pumpkin and dressing when serving.

Stuffing

1 cup sliced mushrooms	2 cloves garlic, pressed
1 onion, chopped	1 tablespoon soy sauce
1 ½ cups chopped celery	½ teaspoon Italian seasonings
2 small apples, peeled & diced	½ teaspoon dried sage
1 cup apricot nectar	1/8 teaspoon pepper
1 cup cooked white beans	2 to 3 cups whole wheat bread cubes
2 tablespoons chopped fresh parsley	

To prepare stuffing: Sauté the mushrooms, onion, celery and apple in the apricot nectar for 10 minutes. Add the beans and all of the seasonings and simmer for a few minutes to allow the flavors to blend. Stir in the bread cubes.

You can add other vegetables that you like in the dressing; I have put in green peppers and zucchini.

I also have substituted 2 cups of wild rice, and used half of the bread crumbs.

Pumpkin

1 medium pumpkin

Cut off the top of the pumpkin and save for a cover. Clean out seeds and string portion. Place bread stuffing inside, cover with top of pumpkin. Place in a large roasting pan with 1 inch of water covering the bottom of pan. Bake at 350° for 1 ½ hours or until pumpkin can be pierced with a fork.

NOTE:

You may also use any of the following: Two medium acorn squash cut in half, butternut squash, cut in half, or banana or Hubbard squash.