

Turkey Pumpkin Chili

Serves 6

Besides adding a sweet nutty flavor to dishes, pumpkin is a ready source of vitamin A, which boosts the nutrition content of this offbeat chili. Garnish each portion with a dollop of sour cream and chopped cilantro.

Ingredients

2 tablespoons extra-virgin olive oil	1 (15-ounce) can pumpkin purée
1 small yellow onion, chopped	1 cup water
1 green bell pepper, cored, seeded and chopped	1 tablespoon chili powder
2 jalapeños, seeded and finely chopped	1 teaspoon ground cumin
2 cloves garlic, finely chopped	Salt and pepper to taste
1 pound ground white or dark meat turkey	1 (15-ounce) can kidney beans, rinsed and drained
1 (14.5-ounce) can diced tomatoes, with their liquid	

Method

Heat oil in a large pot over medium high heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender, about 5 minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low and add beans. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.

Nutrition

Per serving: *280 calories (110 from fat), 13g total fat, 2.5g saturated fat, 55mg cholesterol, 580mg sodium, 23g total carbohydrate (8g dietary fiber, 7g sugar), 20g protein*

Perfect Pumpkin Pie Dip

This recipe is great when served with your favorite gingersnaps or apple and pear slices.

8 ounces cream cheese, softened
2 cups powdered sugar, sifted
1 cup canned pumpkin
1/2 cup sour cream
1 1/2 tsp. cinnamon
1 tsp. pumpkin pie spice
1/4 tsp. ginger

Using an electric mixer, beat together the cream cheese and the powdered sugar until smooth, then beat in the remaining ingredients. Mix together well and chill until serving time.

Chef's note: Light versions of cream cheese and sour cream can be used in this recipe. However, the dip will not be as rich, though it will still be very good!

