

Elisha D. Smith Public Library. – Menasha WI

Virtual Program: Cooking Healthy with Chef Shelly Platten September 24, 2020 @ 7:00pm
Healthychefshell.com

September Fall Flavors—Easy Dinners

PUMPKIN PASTA WITH WALNUTS, TOMATOES & PARMESAN

Ingredients:

- 12 oz. pasta of your choice, cooked and drained (save some of the pasta water)
- 1 tablespoon extra virgin olive oil
- $\frac{3}{4}$ cup white or yellow onion, chopped
- $\frac{3}{4}$ cup chopped red or yellow bell pepper
- 2 cloves garlic, minced
- 2 cups small diced tomatoes, divided
- 1 cup pumpkin puree
- $\frac{1}{2}$ teaspoon salt, to taste
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 teaspoon curry powder
- $\frac{1}{2}$ cup full-fat or lite coconut milk
- Fresh parsley, chopped for topping
- $\frac{1}{2}$ cup toasted chopped walnuts (or toasted pumpkin seeds work too)
- $\frac{1}{4}$ cup shredded parmesan

Pour the olive oil into a large skillet over medium heat, and sauté the onion and pepper until tender, about 7-8 minutes. Add in the garlic, sauté until fragrant, about 1 more minute. Add in half the tomato, pumpkin, salt, cinnamon, nutmeg and curry and bring the sauce to a bubbling simmer. Lower the heat and stir in the coconut milk. If mixture is still too thick, thin with a bit of pasta water.

Adjust any seasoning to taste and serve warm over your favorite pasta (or dump pasta into sauce in skillet and stir until well coated). Garnish with the remaining diced tomato, walnuts, parmesan and fresh parsley.
Makes 6 servings

September Fall Flavors—Easy Dinners

AUTUMN PORK POTATO & APPLE SHEET PAN SUPPER

Ingredients:

- 2 cups tiny potatoes, any color
- 1 small red onion
- 1 wedge of red cabbage, about 1/3 of a small head
- 1 large apple
- Olive or avocado oil, or other neutral oil of choice
- Salt, pepper
- Garlic powder, dried leaf thyme
- 2 pork loin boneless chops, about 6-8 oz. total
- 1 tablespoons hot water
- 1 tablespoon soy sauce
- 2 teaspoons balsamic vinegar

Preheat oven to 375 degrees. Have a full size baking sheet pan at the ready. Cut potatoes into halves or fourths so they are consistent and bite size. Place them in one corner of the sheetpan. Dice the onion and cabbage into bite size chunks (no need to be perfect, rough chop) and place them in corners of the pan as well. Core the apple and cut it into bite size cubes as well and place that on pan. I keep items separated on pan instead of all mixed together in case things bake at different rates. Drizzle oil over all, then lightly sprinkle with salt, pepper, garlic, and thyme. Using fingers, lightly toss each section of produce with the oil and seasoning to coat, and then flatten it out so everything is level. The sections can touch, but leave a corner for the pork.

Trim any fat from chops and cut into strips, then cut strips into cubes. Sprinkle with salt and pepper and place them on the empty spot on the baking sheet. Place pan in oven and bake 10 minutes. Remove pan from oven and scoop pork pieces off of pan and place in small bowl, cover set and set aside. Place pan back in oven for 10 minutes or until veggies are tender, lightly roasted looking. Take pan from oven. In a small dish, combine the water, soy sauce and vinegar, stir to blend. Pour this mixture over the pan of hot veggies, dump the pork back onto the pan and using a spatula, stir the entire mixture together. The liquid is 'deglazing' the hot pan so be sure to scrape up any bits of browned goodies on the pan and even tilt the pan if needed to help that liquid move about. This is making a flavorful sauce, and if the apple is really soft, it will be falling apart to help create the sauce as well. Serve immediately. Serves 3-4