



# Pumpkin, a Super Food for All 12 Months of the Year

*DeeDee Stovel*

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## **Pumpkin, a Super Food for All 12 Months of the Year** DeeDee Stovel

Pumpkin pie is just the beginning! These 125 recipes celebrate the varied ways that pumpkin can be used in everything from appetizers and snacks to soups, salads, main courses, side dishes, and desserts. You'll love every single one of Dee Dee Stovel's innovative creations, including Caribbean Black Bean Pumpkin Soup; Pumpkin Sage Risotto; Spring Spinach Salad with Strawberries and Pepitas; White Bean, Chicken, and Pumpkin Chili; Pumpkin Pizza with Gorgonzola Cheese; Pork Tenderloin with Red Wine Pumpkin Sauce; Lemon-Pumpkin Strudel; Chocolate-Pumpkin Brownies with Apricot Surprise; and seven deliciously different kinds of pumpkin pie.



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