



Cook the Book: Pan-Fried Pumpkin With Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup regular corn neutral plus more if needed
- ☐ 1 large onion chopped
- ☐ 6 servings parsley chopped for garnish
- ☐ 2 pounds pumpkin peeled seeded cut into large chunks
- ☐ 2 tablespoons pepper fresh red hot minced to taste
- ☐ 0.5 vegetable stock

☐ 6 servings pepper black freshly ground

Equipment

☐ frying pan

☐ pot

Directions

☐ When all the pumpkin is cooked, pour off all but 2 or 3 tablespoons of the oil and add the onion, garlic, and chile. Cook, stirring frequently, until softened, about 3 minutes.

☐ Pour in the wine, scraping up any browned bits from the bottom of the pan.

☐ Let the liquid boil off for a few minutes and thicken, then stir in the tomato and its juice. Bring the sauce to a boil, then lower the heat a bit so it bubbles along nicely. Cook, stirring occasionally, until it thickens, about 10 minutes.

☐ Return the pumpkin to the pot and let the mixture come back to a boil. Cover and turn the heat to low. Cook, stirring once or twice, until the sauce has thickened even more and the pumpkin is tender but not mushy, about 10 minutes. Taste and adjust the seasoning, garnish, and serve.

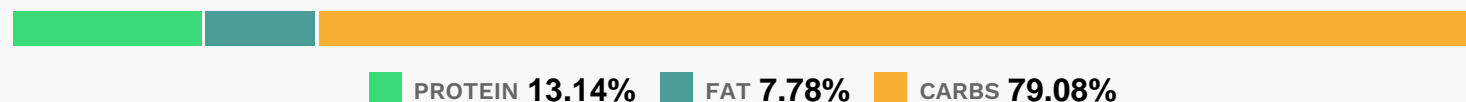
☐ Panfried Pumpkin with Tomato Sauce, Cocoa, and Pumpkin Seeds: Sort of like a quick mole: Omit the parsley garnish. Follow the recipe all the way through Step

☐ While the pumpkin is cooking, toast 1 cup pumpkin seeds, tossing until golden. Chop a small bunch of cilantro. When the pumpkin is ready, stir in the pumpkin seeds along with 1/4 cup unsweetened cocoa powder and 1 teaspoon ground cinnamon.

☐ Garnish with cilantro and serve.

☐ Panfried Pumpkin with Cranberries and Pistachios: Festive all through the fall: Instead of the tomatoes, combine 3 cups cranberries with 2 cups freshly squeezed orange juice. Omit the parsley garnish. Follow the recipe through Step 3, adding the cranberries and juice in place of the tomato. Proceed with the recipe and garnish with 1/2 cup chopped pistachios instead of the parsley.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:15.800434620484%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 68.66kcal (3.43%), Fat: 0.7g (1.08%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 13.56g (4.93%), Sugar: 5.78g (6.42%), Cholesterol: 0mg (0%), Sodium: 49.36mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Vitamin A: 14017.41IU (280.35%), Vitamin K: 70.42µg (67.06%), Vitamin C: 21.98mg (26.64%), Potassium: 650.74mg (18.59%), Vitamin E: 2.66mg (17.76%), Manganese: 0.34mg (17.05%), Copper: 0.25mg (12.34%), Vitamin B2: 0.21mg (12.28%), Iron: 2.06mg (11.42%), Vitamin B6: 0.22mg (11.2%), Fiber: 2.48g (9.91%), Folate: 37.34µg (9.34%), Phosphorus: 93.28mg (9.33%), Magnesium: 29.12mg (7.28%), Vitamin B1: 0.11mg (7.24%), Vitamin B3: 1.43mg (7.13%), Vitamin B5: 0.59mg (5.89%), Calcium: 57.28mg (5.73%), Zinc: 0.76mg (5.04%), Selenium: 1.52µg (2.18%)