Roasted Pumpkin Penne
#myUBCherest
cook along with the video: utown.ubc.ca/harvest

Instructions

**Recipe serves 6-8 people**

**PASTA INGREDIENTS**
- 1 whole pumpkin
- 2 bunches swiss chard (washed & stemmed)
- 2 tbsp coconut ribbons or flakes
- 16 oz dry penne pasta (whole wheat)
- 1 tbsp cinnamon

**PUMPKIN SAUCE INGREDIENTS**
- 2 tbsp olive oil
- 4 cloves garlic (peeled & minced)
- 1 medium white onion (peeled & diced)
- 2 cups pumpkin (roasted & puree)
- 1 tsp sea salt
- 1 15oz can tomato sauce
- 2 tsp liquid honey
- 1 cup water
- 2 cup coconut cream
- ½ tsp cinnamon
- 2 tbsp fresh rosemary (chopped)
- 1 tbsp fresh sage (chopped)
- 1 tbsp fresh sage (fried – optional for garnish)
- 1 tsp cracked black pepper

**PREP**
- pre-heat oven to 350°F
- cut pumpkin in half, scoop out the inside and set the pumpkin seeds aside
- separate the pumpkin flesh from the outer skin and cut into medium cubes
- toss the pumpkin cubes in olive oil and roast until tender, remove from oven and split into one third and two thirds
- put the two thirds of the pumpkin into a food processor and puree (use for pumpkin sauce recipe below)
- rinse the pumpkin seeds in water to help clean up, then pat dry with paper towel, toss with cinnamon and spread out on a baking sheet, toast in oven watching closely to ensure you don’t burn them, set aside
- toast coconut ribbons
- wash and chop 2 cups of swiss chard, set aside
- cook pasta, drain and make sauce

**SAUCE**
- heat olive oil in large saucepan or Dutch oven over medium heat, add onion and pinch of sea salt and sauté until onions are soft and tender (about 5-8 minutes) stirring frequently
- add garlic and sauté for additional 3 minutes, add the pumpkin puree, tomato sauce, honey, and water stirring to combine, turn the heat to low and simmer for 10 minutes
- add the coconut milk, cinnamon, rosemary, sage and stir to combine, simmer for 5 minutes, add sea salt and cracked black pepper to taste
- add the cooked pasta, roasted pumpkin, swiss chard, and stir to combine

**ASSEMBLY**
- serve warm in pumpkin (or bowl) and garnish with fried sage, toasted coconut ribbons and toasted pumpkin seeds