

Creamy Pumpkin Spaghetti

Type: Main

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: pumpkin, garlic, chives

EQUIPMENT:	INGREDIENTS:
<p>Knife Chopping boards Bowls Serving spoon Measuring cups & spoons Saucepan Rolling pin Wooden spoon Baking tray Food processor Grater</p>	<div data-bbox="916 398 1544 1131"><p>800g Kent pumpkin, peeled, cut into 2cm pieces</p><p>1 tbs olive oil</p><p>3 garlic cloves, crushed</p><p>375g spaghetti</p><p>1 cup salt-reduced vegetable stock</p><p>1/3 cup light thickened cream</p><p>1/2 cup finely grated parmesan</p><p>snipped fresh chives, to garnish</p></div>

What to do:

1. Preheat oven to 200°C. Place pumpkin on a baking paper-lined baking tray. Drizzle with oil. Season. Bake for 25 minutes or until tender, adding garlic to tray for the last 5 minutes of cooking.
2. Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions, until al dente. Drain.
3. Place three-quarters of the cooked pumpkin in a food processor or blender and reserve remainder in a bowl.
4. Add stock and process until smooth. Transfer pumpkin mixture to empty pasta saucepan.
5. Add cream and half the parmesan and bring to the boil. Add pasta and toss to coat.
6. Serve pasta topped with chives, and remaining parmesan and pumpkin.

Italian Pasta Salad

Type: Salad

Serves:30

Recipe source: Healthy Food Fast

Fresh from the garden: parsley, capsicum, mushrooms, tomatoes, snow peas

EQUIPMENT:

Saucepan

Knives

Measuring spoons

Measuring cups

Wooden spoon

Sieve

INGREDIENTS:

2 ½ cups pasta shapes

1 punnet cherry tomatoes

12 black olives, pitted & sliced

1 capsicum, seeded & diced

6 mushrooms, sliced

1 cup snow peas, strings removed & sliced

2 T chopped parsley

1 T lemon juice

185g tin tuna in spring water, drained

½ cup Italian dressing

t = teaspoon

T = tablespoon

What to do:

1. Cook pasta following directions, drain and cool completely.
2. Toss tomatoes, olives, capsicum, mushrooms, snow peas, parsley, lemon juice and tuna together.
3. Mix through pasta.
4. Pour the dressing over salad.
5. Serve.

Sweet Potato Gnocchi & Basil Pesto

Type: Main

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: sweet potato, potatoes, basil, garlic, eggs, lemons

EQUIPMENT:	INGREDIENTS:
<p>Knife Chopping boards Bowls Serving spoon Measuring cups & spoons Steamer Rolling pin Wooden spoon Wire rack Potato masher</p>	<p>750g unpeeled orange sweet potato 500g unpeeled desiree potatoes 1 egg yolk 2 cups plain flour Baby rocket leaves, to serve Shaved parmesan cheese, to serve Basil pesto 2 cups fresh basil leaves 3 garlic cloves, quartered 1/2 cup finely grated parmesan cheese or vegetarian hard cheese 1/3 cup pine nuts, toasted 1/4 cup lemon juice 2/3 cup olive oil</p>

What to do:

1. Place a large steamer over a large saucepan of simmering water. Steam sweet potato and potato for 45 minutes or until tender (see note). Set aside until cool enough to handle. Remove and discard skin. Transfer flesh to a bowl. Mash until smooth. Season with salt and pepper. Set aside to cool completely.
2. Add egg yolk and flour. Stir to form a firm dough (if too soft, add a little more flour). Turn out onto a floured surface. Knead until smooth. Line 2 baking trays with baking paper.
3. Divide dough into 8 equal portions. Roll 1 portion into a 35cm-long log. Using a lightly floured knife, cut into 2cm pieces. Repeat with remaining dough portions. Roll each piece of dough into a ball. Roll each ball over a floured fork to form grooves. Arrange gnocchi between prepared trays (freeze half the gnocchi - see note).
4. Make pesto Process basil, garlic, parmesan, nuts and lemon juice until finely chopped. With the motor running, add oil in a thin steady stream until combined. Season with salt and pepper (freeze half the pesto - see notes).

Apple Lasagne

Type: Dessert

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: apples, eggs,

EQUIPMENT:

Knife
Chopping boards
Bowls
Serving spoon
Measuring cups & spoons
Saucepan
Baking dish
Whisk
Wooden spoon

INGREDIENTS:

1 large egg, lightly beaten
2 cups shredded reduced-fat cheddar cheese
1 cup part-skim ricotta cheese
1/4 cup sugar
1 teaspoon almond extract
2 cans apple pie filling
6 lasagna noodles, cooked, rinsed and drained

TOPPING:

1/3 cup all-purpose flour
1/3 cup packed brown sugar
1/4 cup quick-cooking oats
1/2 teaspoon ground cinnamon
Dash ground nutmeg
3 tablespoons cold butter

SOUR CREAM SAUCE:

3/4 cup reduced-fat sour cream
3 tablespoons brown sugar

What to do:

1. In a small bowl, combine the egg, cheeses, sugar and extract; set aside. Spread one can of pie filling into a 13x9-in. baking dish coated with cooking spray.
2. Top with three lasagna noodles and cheese mixture.
3. Layer with remaining noodles and pie filling.
4. In a small bowl, combine the flour, brown sugar, oats, cinnamon and nutmeg.
5. Cut in butter until crumbly. Sprinkle over filling.
6. Bake, uncovered, at 350° for 45-50 minutes or until bubbly and heated through.
7. Let stand for 15 minutes.
8. Meanwhile, in a small bowl, combine the sauce ingredients. Serve with lasagna.