



PUMPKIN VASE

Make this fun and easy container for seasonal flowers now in our Floral Department.

① With a **pumpkin carving saw**, cut a hole in the top of a **small pumpkin** (a 3-lb. Sugar Pie works well) large enough to insert a small glass or other container to hold water. ② Scoop out seeds and strings. ③ Insert the small glass into the pumpkin and fill $\frac{3}{4}$ full with water. ④ Trim **fresh flowers** to tuck inside your pumpkin vase.

Bringing Autumn Home

Jack-o'-lanterns? Pies? Sure, you know what you normally do with pumpkins. But check out these amazing new ways to cook and decorate with autumn's ubiquitous squash.

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THERE'S SOMETHING ABOUT AUTUMN. Maybe it's the smell of woodsmoke, or the reason to tug that favorite sweater out of storage. It's about the sun setting sooner, and it's when we love to come home. On these pages, we help you capture the essence of autumn with recipes based on beautiful, fresh pumpkin—delicious, healthy, surprisingly easy to prepare, and in our Produce Department now. Try our craft ideas, too, for simple ways to have the look of autumn throughout your home.

ROASTED PUMPKIN WEDGES WITH MINTED YOGURT

Lightly coated with sugar and salt, these pumpkin wedges take on a delicious, nutty sweetness. A dollop of yogurt creates luxurious texture and flavor.

PREP AND COOK TIME ABOUT 1 HOUR

MAKES 4 SERVINGS

NOTES It's fine to prepare yogurt sauce in advance, but keep it chilled, then bring to room temperature before serving.

- 1 cup plain whole milk yogurt (do not use low-fat or nonfat)
- 2 tbsp. finely chopped O Organics™ Mint leaves (about 15 leaves), plus additional leaves for garnish
- ¼ tsp. ground coriander
- 1 clove garlic, minced
- ½ tsp. O Organics™ Extra Virgin Olive Oil
- Kosher salt and freshly ground black pepper
- 1 Sugar Pie pumpkin (about 3 lbs.)
- ¼ cup canola oil
- ¼ cup O Organics™ Granulated Sugar

① **For minted yogurt:** Place yogurt in a colander lined with a paper towel or cheesecloth. Set in sink to drain for 30 minutes. In a small bowl, whisk thickened yogurt with 1 tsp. water, chopped mint, coriander, garlic, olive oil, and salt and pepper to taste. Let stand at room temperature, covered, while pumpkin bakes.

② Preheat oven to 375°. Line a large rimmed baking pan with foil.

③ **For pumpkin:** With a sharp, heavy knife, carefully cut pumpkin in half vertically. Use a metal spoon to scrape out seeds and strings. Put each pumpkin half, cut side down, on a cutting board. Using the pumpkin's natural lines as a guide, cut each half into 8 equal wedges. Peel the pumpkin with a



Simple, elegant roasted pumpkin with yogurt

vegetable peeler; place in a large bowl.

④ Drizzle pumpkin with canola oil and evenly rub with sugar and ¼ tsp. salt. Turn into prepared pan, scraping sugar mixture onto pumpkin. Cover tightly with foil and bake until very tender when pierced, 20 to 30 minutes.

⑤ Broil pumpkin about 5 inches from

heat until wedges turn deep golden brown in spots (watch to prevent burning) 3 to 5 minutes. On plates, spoon minted yogurt over pumpkin wedges. Garnish with additional mint leaves if you like.

PER SERVING: 273 CAL., 53% (144 CAL.) FROM FAT; 45 G PROTEIN; 16 G FAT (2.3 G SAT.); 31 G CARBO (0.2 G FIBER); 30 MG SODIUM; 7.4 MG CHOL.

◀ ROASTED PUMPKIN RISOTTO WITH PROSCIUTTO AND SAGE

You can use traditional Italian arborio rice or domestic medium-grain rice; both give the chewy, distinctive texture you want in a good risotto.

PREP AND COOK TIME ABOUT 1 HOUR

MAKES 4 SERVINGS

NOTES Gently frying fresh sage leaves with the prosciutto heightens flavors. Look for fresh sage in the Produce Department.

- 1 Sugar Pie pumpkin (about 2 lbs.)
- 3 tbsp. O Organics™ Extra Virgin Olive Oil
- About 1 tsp. kosher salt
- Freshly ground black pepper
- 1½ oz. Primo Taglio Prosciutto, cut into slivers
- 12 to 16 O Organics™ Sage leaves
- 1 medium onion, finely chopped
- 1 cup Safeway Medium Grain White Rice
- ½ cup dry white wine such as Sauvignon Blanc
- About 4½ cups O Organics™ Chicken Broth
- ¾ cup Primo Taglio Shredded Asiago Cheese

- ① Preheat oven to 425°. Cut stem off pumpkin. With a sharp, heavy knife, carefully cut pumpkin in half vertically. With a metal spoon, scrape out seeds and strings.
- ② Cut half the pumpkin into 4 wedges. Rub all 5 pieces (including the half) with 2 tbsp. oil and place in a large rimmed baking pan. Sprinkle with salt and pepper to taste. Roast pumpkin until tender when pierced, 25 to 30 minutes.
- ③ Meanwhile, in a large, deep frying pan over medium-high heat, frequently stir prosciutto in remaining tbsp. oil until golden brown and crisp, about 3 minutes. Add sage and cook until leaves turn bright green and are crisp, about 1 minute more. With a slotted spoon, lift prosciutto and sage onto paper towels.
- ④ Add onion to pan and stir often until tender, about 3 minutes. Add rice and stir often until it begins to turn opaque, 1 to 2 minutes. Add wine; stir often until

mostly absorbed. Add 3½ cups broth and simmer, stirring occasionally, for 20 minutes over medium heat.

⑤ When pumpkin is tender, peel the half-pumpkin piece, then cut flesh into ½-in. cubes. Keep wedges warm.

⑥ When rice has cooked for 20 minutes, add remaining broth, cheese, and pumpkin cubes. Stir gently until cheese melts, pumpkin is hot, and most of broth is absorbed, about 3 minutes. On plates, spoon risotto next to pumpkin wedges and top with prosciutto and sage.

PER SERVING: 472 CAL., 38% (180 CAL.) FROM FAT; 14 G PROTEIN; 20 G FAT (6.9 G SAT.); 53 G CARBO (1.4 G FIBER); 1,557 MG SODIUM; 26 MG CHOL.

▼ INDIAN-SPICED PUMPKIN SEEDS

Cardamom, cumin, and curry powder add Indian flair to these addictive nibbles, a great alternative to sunflower seeds.

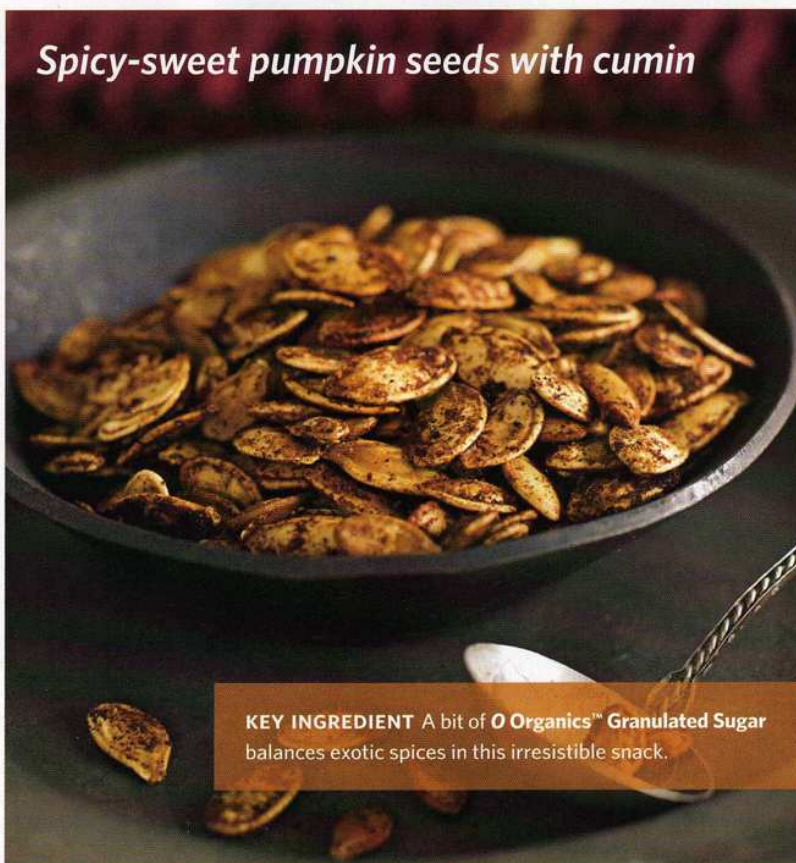
PREP AND COOK TIME 1 HOUR

MAKES 5 (¼-CUP) SERVINGS

- 1¼ cups fresh pumpkin seeds
- ½ tsp. kosher salt
- ½ tsp. ground cardamom
- ½ tsp. ground cumin
- ½ tsp. curry powder
- ½ tsp. ground cinnamon
- ½ tsp. O Organics™ Granulated Sugar
- 2 tsp. vegetable oil

- ① Preheat oven to 300°. Place pumpkin seeds in a colander and rinse well; discard any pumpkin bits or strings. Slide seeds onto paper towels and pat dry. Spread in a single layer in a large rimmed baking sheet and let air dry for about 10 minutes.
- ② Combine salt, cardamom, cumin, curry powder, cinnamon, and sugar in a small bowl. Drizzle seeds with oil then with spices, mixing with fingers to coat evenly.
- ③ Bake seeds, stirring occasionally, until toasted and crisp, 45 to 50 minutes. Cool slightly and serve. Or cool completely and store airtight up to 3 days.

PER SERVING: 91 CAL., 49% (45 CAL.) FROM FAT; 3 G PROTEIN; 5 G FAT (0.8 G SAT.); 9.4 G CARBO (0.9 G FIBER); 198 MG SODIUM; 0 MG CHOL.



Spicy-sweet pumpkin seeds with cumin

KEY INGREDIENT A bit of O Organics™ Granulated Sugar balances exotic spices in this irresistible snack.

► BEEF AND CORN STEW IN A PUMPKIN TUREEN

Here, pumpkin isn't just an ingredient, it's actually what you cook in, too, creating a charming container for a hearty stew.

PREP AND COOK TIME ABOUT 1 HOUR AND 40 MINUTES

MAKES 6 SERVINGS

NOTES To make serving easier, choose a pumpkin that is squat and wide, rather than tall and narrow.

- 1 Sugar Pie pumpkin (about 5 lbs.)
- 1½ lbs. Rancher's Reserve™ Tender Beef for stew, cut in 1-in. cubes if necessary
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 2 tsp. O Organics™ Extra Virgin Olive Oil
- 1 large onion, cut in 1-in. chunks
- 3 cloves garlic, minced
- 1 medium red bell pepper, cut in 1-in. chunks

- 1½ tsp. ground cumin
- 1 tsp. chili powder
- ¾ tsp. ground coriander
- 1 can (14½ oz.) Safeway Sliced Stewed Tomatoes
- 1 can (14 oz.) low-sodium beef broth
- 1 large sweet potato, peeled and cut in 1-in. chunks
- 2 cups frozen O Organics™ Golden Cut Corn

- ① Preheat oven to 350°. Place rack in lower third of oven.
- ② **Prepare pumpkin tureen:** With a sharp knife, cut a hole in the top of the pumpkin, about 2 in. from stem. Set lid aside. With a metal spoon, scrape out seeds and strings. Place pumpkin and lid next to each other in a large rimmed baking pan and bake until pumpkin is tender when pierced inside, about 1 hour. Remove pan, but maintain oven temperature.
- ③ While pumpkin bakes, season beef with salt and pepper. In a 4- to 5-qt. pot over medium-high heat, brown meat in

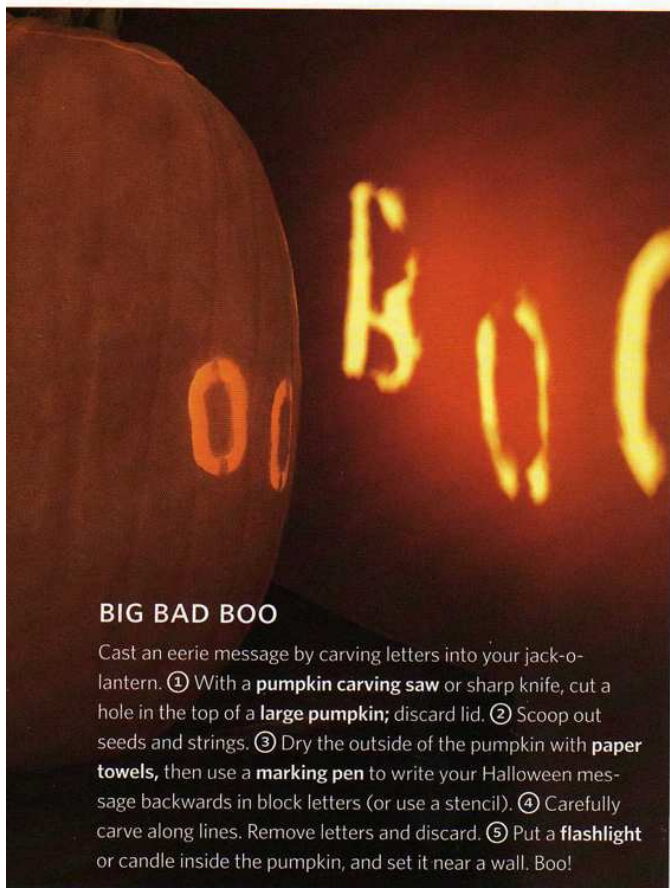
oil, about 4 minutes. (Work in 2 batches if necessary.) Use a slotted spoon to remove beef and set on plate.

④ Add onion, garlic, bell pepper, cumin, chili powder, and coriander to pot, scraping up any browned bits with a wooden spoon. Stir often over medium heat until vegetables are tender, about 10 minutes. Return beef and any juices to pot. Add tomatoes and their juices and beef broth, and bring to a boil. Reduce heat to low, cover, and simmer for 45 minutes.

⑤ Add sweet potato and simmer over medium heat until meat and sweet potato are tender, about 15 minutes. Stir in corn; cook 5 minutes more.

⑥ Ladle stew into baked pumpkin; top with lid. (Keep any excess stew warm in pot.) Return pumpkin to oven for 30 minutes to blend flavors. With a pair of wide spatulas, carefully transfer the pumpkin to a platter.

PER SERVING: 500 CAL., 45% (225 CAL.) FROM FAT; 26 G PROTEIN; 25 G FAT (9.6 G SAT.); 45 G CARBO (3.9 G FIBER); 529 MG SODIUM; 82 MG CHOL.



BIG BAD BOO

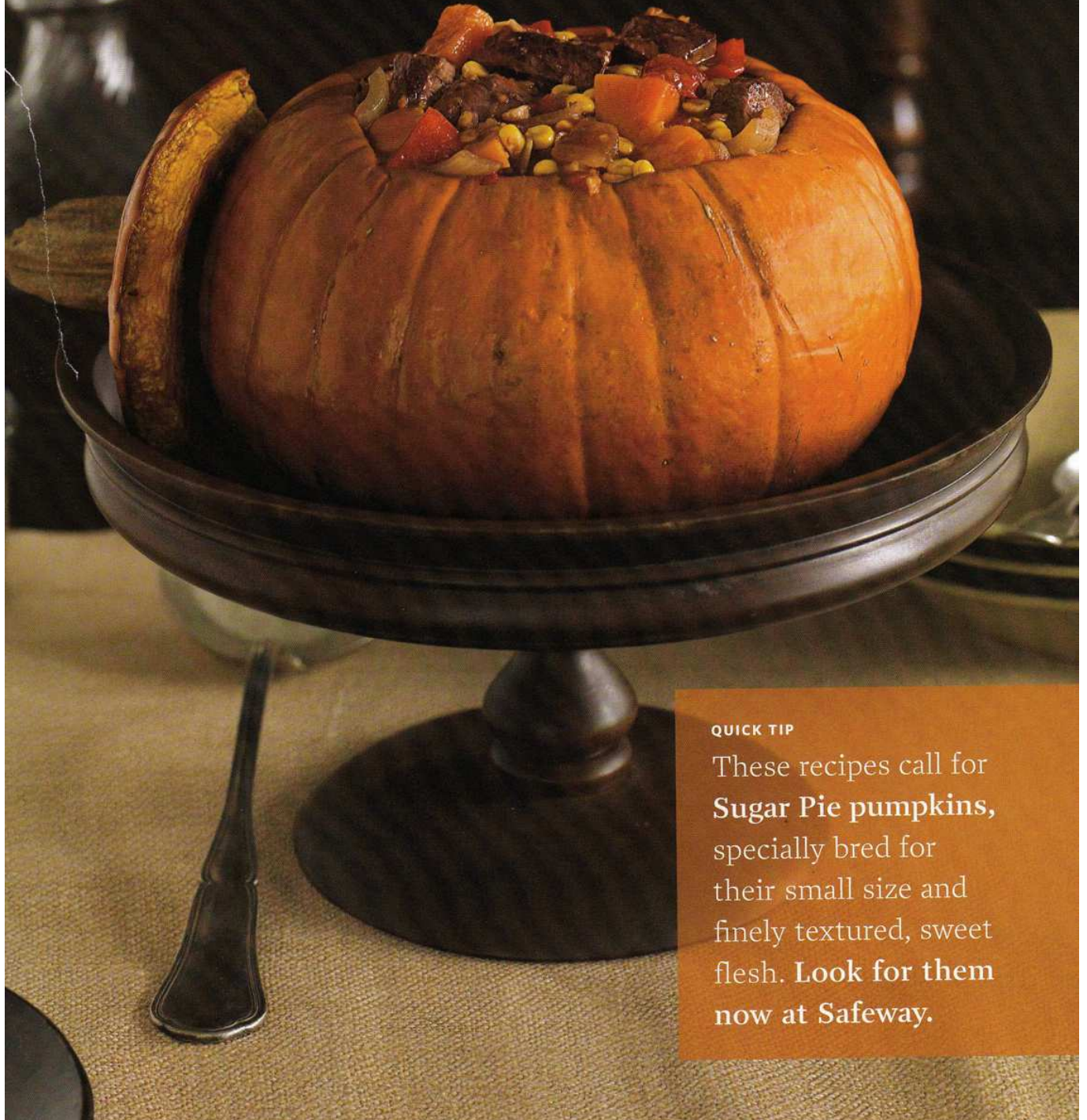
Cast an eerie message by carving letters into your jack-o-lantern. ① With a **pumpkin carving saw** or sharp knife, cut a hole in the top of a **large pumpkin**; discard lid. ② Scoop out seeds and strings. ③ Dry the outside of the pumpkin with **paper towels**, then use a **marking pen** to write your Halloween message backwards in block letters (or use a stencil). ④ Carefully carve along lines. Remove letters and discard. ⑤ Put a **flashlight** or candle inside the pumpkin, and set it near a wall. Boo!



▲ TEA LIGHTS IN MINI-PUMPKINS

Fun for your autumn table. Start with clean, dry mini-pumpkins from our Floral Department. ① With a **sharp knife**, cut a hole a little bigger than the size of a tea light in the top of each mini-pumpkin. ② Scrape out seeds and strings. ③ Insert **tea lights**.

A spectacular container for hearty beef stew



QUICK TIP

These recipes call for **Sugar Pie pumpkins**, specially bred for their small size and finely textured, sweet flesh. **Look for them now at Safeway.**