

CURRY PUMPKIN AND POTATO SAUTE

*Instead of throwing out the pumpkin seeds,
roast them in the oven!*



**food
bank**
of the Southern Tier

Just Say Yes
To Fruits & Vegetables
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FIDELIS CARE®

CURRY PUMPKIN AND POTATO SAUTE

SERVES 6 • SERVING: 1 CUP

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INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 diced onion
- 1 chopped garlic clove
- 2½ teaspoons curry powder
- 1 pumpkin or acorn squash - peeled, seeds removed and chopped
- 2 chopped potatoes
- Salt and pepper, to taste
- 1½ cups water
- ¾ cup raisins
- Chopped fresh cilantro, to taste (optional)

DIRECTIONS:

1. Heat oil in a medium pot over medium heat.
2. Add the onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry, pumpkin (or squash), potatoes, salt, and pepper. Cook for 5 minutes, stirring often.
4. Add water and raisins, cover, and cook until the pumpkin and potatoes are soft, about 5 to 10 minutes.
5. Add cilantro, serve and enjoy!
6. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.