Instead of throwing out the pumpkin seeds, roast them in the oven!
CURRY PUMPKIN AND POTATO SAUTE
SERVES 6 • SERVING: 1 CUP

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.

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