



# Pumpkin Dip



Serving Size: 2 Tablespoons

Serves: 25

## Ingredients

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup, reduced fat Greek yogurt
- 15 ounces (1 can) roasted pumpkin, no sugar added
- 2 1/2 teaspoon cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoon cloves, ground
- 1/8 teaspoon, nutmeg, ground (a pinch!)
- 3 tablespoons agave nectar
- 2 tablespoons brown sugar
- 1/8 teaspoon sea salt

## Directions

1. In a food processor, combine cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients into food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.

## Nutrition Information:

Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%

Recipe Source: Eat Right

6019/19

**TIMKEN**  
**AULTCARE**

The title is written in a large, black, cursive font. It is flanked by two stylized acorn squash icons, each consisting of a brown top half and a white bottom half. The background of the page is decorated with various line-art illustrations of kitchen items like a bowl, a spoon, a knife, a mixer, a book, and a hand holding a bowl.

# Cranberry- Stuffed Acorn Squash

Serves: 8

## Ingredients

- 4 medium acorn squash
- 1 cup fresh or frozen cranberries, coarsely chopped
- 1 medium tart apple, coarsely chopped
- 1 medium orange, peeled and diced
- 1/4 cup Diamond of California chopped walnuts
- 1-2 tbs butter or less, melted
- 1-2 tbs brown sugar or raw honey
- 1 teaspoon grated orange peel

## Directions

Cut squash in half; discard seeds. Place squash (cut side down) in a 15-in. x 10-in. x 1 in. pan. Fill pan with 1/2 inch of hot water. Bake uncovered at 350° for 30 minutes.

Combine cranberries, apple, orange, brown sugar, walnuts, butter and orange peel. Remove squash from oven and drain water from pan. Turn squash cut side up. Sprinkle with salt. Stuff with cranberry mixture. Bake for 25 minutes longer or until squash is tender.

## Nutrition Information:

1 serving (1 half each) equals 210 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 90 mg sodium, 36 g carbohydrate, 5 g fiber, 3 g protein.

Recipe Source: Taste Of Home

6020/19

**TIMKEN**  
**AULTCARE**