

## **Baked Mixed Vegetables**

### **Ingredients:**

- 2 Red bell peppers
- 2 green
- 2 yellow (seeded & chopped into 2 inch squares)
- 1 Zucchini (sliced diagonally, thick)
- 1 Large Red onion (sliced)
- 4 carrots (sliced diagonally)
- 3 garlic cloves (Minced)
- 3 Tbsp. Lemon juice (fresh or bottled)
- 1 Tbsp. Rosemary
- ½ tsp. paprika
- ½ tsp. basil
- ½ tsp. Italian seasoning
- 2 tsp. olive oil

### **Instructions:**

1. Mix garlic, lemon juice, seasonings, and 1tsp. of oil into bowl.
2. Add vegetables to bowl and mix with seasonings.
3. Place foil into a 9x13 baking dish/pan and oil with the rest of the oil.
4. Place vegetables in dish/pan and bake at 400deg. for 35-45minutes. Serve hot or at room temp. Garnish with minced parsley (Optional).

## **Pumpkin Pie**

### **Ingredients:**

- 1 prepared pie shell (frozen or homemade)

### *Filling*

- 1 12.3 oz. pkg. Mori-Nu tofu, firm
- 2 15 oz. cans pumpkin
- 2 tsp. cinnamon
- 1 tsp. ginger
- ¼ tsp. cloves
- ½ tsp. nutmeg
- 1 tsp. salt
- 2 tsp. vanilla
- 1 ¼ c. sugar
- 2/3 c. non-dairy creamer
- 2 Tbsp. cornstarch

### *Optional Topping*

- 1 c. pecan halves
- ½ c. brown sugar
- ¼ tsp. cinnamon
- 6 Tbsp. soy margarine

### **Instructions:**

1. Combine all filling ingredients in a blender and blend until smooth.
2. Pour into prepared pie shell and bake at 425 degrees for 15 minutes. (Be sure to use a crust protector). Reduce heat to 350 degrees and bake an additional 40-45 minutes, or until a toothpick inserted in the center comes out clean.
3. For optional topping, mix ingredients together and spoon over top of the pie before baking. Serve with non-dairy whipped topping if desired.