



## From the Kitchen of Executive Chef Jessica VanRoo

### Red Lentil Pumpkin Soup and "Ghost" Seed Crackers

Serves 6

*215 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

This colorful soup starts with a base of nearly two cups of pumpkin purée and vitamin-rich vegetable broth.

Adding a cup of protein-packed red lentils turns it into a nutritious, plant-based meal that is loaded with iron, B vitamins, magnesium, potassium and zinc that will please any vegetarian. The flavorful, aromatic pumpkin spices make this hearty soup one you'll want to reprise throughout fall and winter, with or without ghosts.

Total cost: \$7.31/\$1.22 per serving

#### Soup

- 1 tablespoon avocado or olive oil
- 1 yellow onion, diced
- 2 teaspoons minced garlic (about 2 cloves)
- 1 teaspoon grated fresh ginger
- 1 ½ teaspoon ground coriander
- 1 ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- 1 cup dry red lentils
- 1 (15 ounce) can pumpkin purée
- 6 cups vegetable broth
- Salt and pepper to taste
- Lemon wedges, optional

#### "Ghost" Crackers (18 servings)

- ½ cup whole grain or nut flour (quinoa, teff, almond, rice)
- ½ cup unsalted sunflower seeds
- ½ cup unsalted pumpkin seeds
- ¼ cup unsalted sesame seeds
- ¼ cup ground flax
- ¼ cup chia seeds
- ¼ cup hemp seeds
- 1 teaspoon salt
- ¼-½ teaspoon fresh cracked pepper
- 2 tablespoons olive oil
- 1 cup water
- Black gel icing or squid ink



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#### Instructions

##### Crackers

1. Preheat oven to 300 degrees.
2. Line 13" x 18" baking sheet with nonstick mat or parchment paper brushed with oil.
3. In a large bowl, combine all ingredients and mix well.
4. Set aside for 10 minutes to let grains and seeds absorb liquid.
5. Spread mixture evenly on baking sheet.
6. Use ghost-shaped cookie cutter to make imprints of ghosts throughout the dough mix.
7. Bake 50-60 minutes or until edges are browned.
8. Turn oven off, remove crackers.
9. Immediately go back over the imprints with the cookie cutter.
10. Return baking sheet to the cooling oven, let crackers crisp and firm up.
11. Once set, remove from oven.
12. Draw ghost eyes and mouth on each cracker with black gel icing or squid ink.

##### Soup

1. Heat sauce pan over medium-high heat, add oil when hot and swirl to coat the bottom.
2. Add onion, garlic and ginger, cook for 3-5 minutes until onions are soft and translucent.
3. Add coriander, cumin, turmeric and cinnamon. Then stir.
4. Add lentils and mix well. Then add pumpkin and vegetable broth.
5. Bring mixture to boil, cover pot with a lid and turn down heat.
6. Simmer for about 20 minutes, taste and adjust seasonings as needed.
7. Remove from heat.
8. Blend soup with immersion blender (optional).

Serve in bowls with "ghost" crackers and lemon wedges!