



Stuffed Munchkin Pumpkins

Many people think of pumpkins as a fun and festive way to decorate for fall. But we forget that pumpkins are a tasty fruit that can be used in many recipes, and they also have health benefits as well! Here is a delicious recipe we think you'll enjoy!

Prep: 15 minutes • Cook: 15 minutes • Serves 4

Ingredients:

- 4 Keller's Munchkin pumpkins
- 12 mushrooms, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- 2 to 3 oz walnuts
- 1/4 tsp smoked paprika
- 4 tbsp sour cream
- 2 tbsp parsley, chopped
- 4 tbsp Parmesan cheese, grated
- 1/4 tsp black pepper
- 1/4 tsp salt

Directions:

1. Wash and dry your Munchkins
2. Preheat oven to 400F
3. On a baking pan, cook pumpkins for 10 minutes, then set aside to cool
4. Mix mushrooms, garlic and olive oil together
5. Sauté in medium fry pan for 2-3 minutes
6. Slice off top of pumpkins, scoop out interior seeds, etc.
7. Add half of the cheese and all other remaining ingredients to frying pan with mushroom mixture, stir
8. Add combined ingredients to each pumpkin, place in baking pan, top with remaining cheese
9. Place under broiler for a few minutes until golden brown
10. Serve at once!