



DIY Stuffed Pump-ke-Mons

45 min



Ingredients

- 1 1/2 cups cooked long-grain brown rice
- 5 Lil Pump-ke-Mons
- 1 cup water
- 3 Tablespoons olive oil
- 5 large garlic cloves, minced
- 1/2 pound Swiss chard, ribs removed and leaves chopped
- 2 large bell peppers, chopped
- 2 teaspoons dried rosemary
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- Olive oil, for drizzling
- Salt & pepper to taste

Directions

Preheat the oven to 400 °F. Cut off the tops of all the pumpkins, and scoop out the seeds and stringy insides. Place the pumpkin bottoms, cut side down, in a large baking dish with 1 cup of water. Bake for 30 minutes.

In the meantime, heat the oil in a large skillet over medium heat. Add the garlic and cook until soft and starting to brown, about 6 minutes. Add the Swiss chard and peppers and heat, stirring occasionally, for 10 minutes. Add the rice and spices and cook until soft and fragrant, about 5 minutes. Scoop into cooked pumpkin and serve.



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