

# Crock Pot Pumpkin Pie Applesauce



Pumpkins are not just for fall, make squash of all varieties part of your diet all year round!

Okay fans, it's April and I'm pretty sure we are all just a bit intimidated by summer swimsuit season being just around the corner. But just in case you're still holding onto those ideals of a perfect bikini body– or at least an ounce of confidence when you are poolside sipping on an adult beverage and reading a trashy magazine– I'm offering up this recipe.

I've had requests for more crockpot desserts and this one is a healthy, low-calorie version of a cross between pumpkin pie and apple pie. It will delight your sweet tooth just like two slices of pie, but to your diet– it's two servings of fruit instead.

I suggest serving this dish warm with a hearty scoop of salted caramel ice cream or with honey vanilla greek yogurt.

## Crock Pot Pumpkin Pie Applesauce

serves 8-12

8 apples, peeled, cored and cubed

1/2 c. Orange juice

1 t. Cinnamon

1/2 t. Nutmeg

1/2 t. Allspice

1/4 c. Maple syrup

15 oz. can pumpkin purée

Add all ingredients to crock pot, stir and cook on high for 3-4 hours.

---

## Crock Pot Orange Tofu



I think it's a wonderful community celebration when a baby is born. Friends and family gather to welcome the sweet little child and help the new parents with meals and errands and extra hands for diaper changes. Tonight, it's my turn

to bring dinner to some friends and I'm pretty sure that they already assume it's going to be something from the crock pot. The debate begins about what to make— it doesn't have to be for an occasion, let's admit that this debate happens

practically every day, right?!

Let's see— vegetarian or dairy is requested and the meal needs to feed two adults and a 2-year-old, too. I'm guessing that pasta dishes and soups have already been dropped off or stocked in the freezer, so I decided to do an Asian tofu dish and serve it with rice. Tofu is a unique protein, but it cooks up nicely and can suck up a whole bunch of flavor from whatever it accompanies. There are different consistencies of tofu sold, but I suggest using an extra firm one, it's easiest to work with as a substitute for meat.

If you are scared of squishy food, you could make this dish with chicken instead. But give it a try— you might actually like tofu! The toughest thing about cooking it, is that sometimes it can really stick to the pan. Let it cook on each side without moving it around in the pan and then flip it quickly with a thin spatula. Enjoy!

1 brick of tofu, drained

3 T. olive oil

1/2 c. orange juice

1/4 c. honey

1/4 c. soy sauce

2 cloves of garlic, minced

1/2 medium onion, sliced thin

2 t. rice vinegar

1/2 t. paprika

12 oz. of any green vegetable (broccoli florets, snow peas, shredded cabbage, green beans or peas)

First you need to prep your tofu, it usually has an excessive

amount of water in it that you want to drain off before cooking. Put a paper towel on a plate and then center the tofu on it. Add another paper towel up on top of the tofu and then put another plate on top. It looks like you've made a plate sandwich with the tofu in the middle. Add something heavy on top (can of food, metal pan, small child) and let sit for at least an hour. The paper towels will fill with water and the tofu will still have it's shape. Then cut tofu into 2-bite sized cubes.

Heat oil in a pan on medium heat. Brown tofu for 5-6 minutes on each side. Add the green vegetable, garlic and onion to the crock pot in that order, then put tofu on top. Mix the remaining ingredients in a separate bowl and then pour on top of everything in the crock pot. Cook on high for 3-4 hours and then serve with white rice.