Food

The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com.

Vegetarian Lasagna "This is a mouth tingling recipe with ricotta, feta, eggplant,



- 1. Use a 10" X 13" Deep baking dish, preheat oven to 350 degrees F. 2. Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes.
- pumpkin time; cook until tender and wrinkly. 3. In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.

Halve tomatoes and place on baking sheet in oven for last 15 minutes of

4. Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes. Sprinkle with half the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.

Roasted Pumpkin Seeds

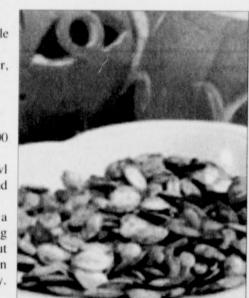
Here is an easy recipe for roasting fresh pumpkin seeds.

INGREDIENTS

- 1 1/2 cups raw whole pumpkin seeds
- · 2 teaspoons butter, melted
- · 1 pinch salt

DIRECTIONS

- 1. Preheat oven to 300 degrees F. 2. Toss seeds in a bowl
- with the melted butter and salt.
- 3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



· Yellow and red food color

· 1 can (16 oz.) canned vanilla frost-

· Garnishes: Hershey's mini kisses,

Twizzlers Nibs Licorice Bits,

Twizzlers Pull-n-Peel, Heath En-

glish Toffee Bits, assorted Bake

Shoppe items

Jack-O-Lantern Brownie

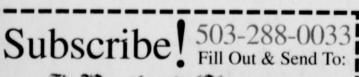
Ingredients:

- 3/4 cup (1-1/2 sticks) butter or margarine, melted
- 1-1/2 cups sugar
- 1-1/2 teaspoons vanilla extract · 3 eggs
- 3/4 cup all-purpose flour · 1/2 cup Cocoa
- 1/2 teaspoon baking powder
- · 1/4 teaspoon salt

Directions:

- 1. Heat oven to 350°F. Grease 12inch round pizza pan. If using a disposable pan, place on baking sheet to bake.
- 2. Beat melted butter, sugar and vanilla with spoon in large bowl. Beat in eggs. Stir in dry ingredi- "This is a simple fun treat that chilents; beat with spoon until well dren can help prepare. Sure to put
- blended. Spread into pan. a smile on your face." 3. Bake 20 to 22 minutes or until top

springs back when touched lightly in center. Cool completely. Add yellow and red food color to frosting for desired shade of orange. Frost brownie; garnish to resemble a jack-o-lantern. 12 to 16 servings.



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tomato, pesto, pumpkin, Parmesan and mozzarella." 9 ounces crumbled feta cheese Fresh pasta sheets (Lasagna noodles) 2 cups peeled and diced pumpkin 2/3 cup pesto 1 1/3 cups shredded mozzarella cheese

- 1 eggplant, sliced into 1/2 inch rounds
- 5 tomatoes
- 1 pint ricotta cheese
- 2 eggs, beaten

Look for the

- Salt and pepper to taste
- 1 (15 ounce) can tomato sauce
- 1 cup grated Parmesan cheese









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