



French Onion Pumpkin Gruyere Bake

Ingredients:

2 Medium or 1 Large Sugar Pumpkin
1 Sweet Onion, diced
1 Red Onion, diced
1 Spanish Onion, diced
6 Shallots, sliced
2 Cloves Garlic, sliced
2 T Butter
2 T Extra-Virgin Olive Oil
1 lb Whole Wheat Mini pasta-shells
1 bag Baby Spinach
1 C Grated Parmesan Cheese
1 lb Shredded Gruyere Cheese
1 C Pumpkin Puree
2 C Heavy Cream
Coarse Sea Salt and Ground Pepper

Directions:

Preheat oven to 375 degrees

Saute the onions, shallots and garlic in the olive oil and butter over medium heat, stirring often to caramelize.

Season with salt and pepper to taste, remove from heat and set aside.

Cut opening in the top of the pumpkin, remove seeds and reserve tops, and season the inside with salt.

Bring a large pot of salted water to a boil. Cook pasta until al dente, about

7 minutes, drain.

In a bowl, combine onion, pasta, and spinach, and season with salt and pepper.

Heat heavy cream till warm, whisk in the pumpkin puree and continue to heat till just about to boil.

Add Gruyere and Parmesan till melted.

Mix the cheese sauce with the onions in a bowl.

Toss the al dente pasta into the cheese/onion mixture and fill the pumpkin.

Bake pumpkins on a foil lined and rimmed baking sheet until you can easily pierce the flesh with a fork, about 1 ½ hours.

Serve pasta directly from pumpkin, scooping out some yummy pumpkin with each serving.