

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Tasty Potato and Pumpkin Combo – serves 4**

4 large potatoes, washed  
800 g pumpkin, peeled and deseeded  
¼ cup dried pumpkin seeds  
½ cup natural low-fat yoghurt  
1 cup non-fat milk  
freshly ground black pepper  
½ tsp ground nutmeg  
¼ cup finely chopped parsley  
6 slices salami, cut into fine strips

Bake or microwave potatoes until tender and keep warm. Cook pumpkin in boiling water for 15-20 minutes or until softened. Drain water and chop half of the pumpkin into bite-sized pieces. Place pumpkin seeds in a saucepan and heat gently for 3-4 minutes or until toasted. Puree remaining pumpkin, yoghurt, milk, pepper and nutmeg together until smooth and creamy. Stir in the chopped pumpkin, pumpkin seeds, parsley and salami, reserving some pumpkin seeds, parsley and salami for garnish. Slice hot potatoes and place in serving dish. Top with pumpkin mixture and garnish. Heat through if necessary. The pumpkin sauce can also be served over rice or pasta.