

## Featured Recipe



## Pumpkin Rice Bake - Day 1

A Rotation Diet Dish

*By Laura McKay*

### INGREDIENTS:

- ½ bag Brown Rice Pasta
- ½ can organic canned pumpkin
- Allspice Seasoning
- Sea Salt
- Diced Cashews
- Grape seed Oil

### PREPARATION:

1. Cook brown rice pasta, as directed on package
2. Drain and rinse
3. Mix in canned pumpkin thoroughly (about 1/2 can more or less)
4. Add in allspice and sea salt to taste
5. Pour into a greased (Grape seed Oil) casserole baking dish
6. Sprinkle with diced cashews
7. Cook on 350 degrees for 20 min.

**Bon Appétit!**

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