

WITCH'S FINGERS WITH DRAGON TAILS & PUMPKIN SOUP

The taste may spook you, in a good way

Yield: 4 Servings

INGREDIENTS

1 Dash	Cinnamon
1/8 tsp.	garlic salt
1 tsp.	Nutmeg
2 tbsp.	Brown Sugar
1 C	Half & half
1 Unit	14.50z low sodium chicken broth
15 oz	Pumpkin puree
1 Dash	garlic salt
2 tbsp.	Olive oil
1 lb	Fresh asparagus spears
2 Unit	8.2 oz SeaPak Tempura Shrimp
1 Item	Red bell pepper
	Witch's Fingers
	Dragon Tails
	Pumpkin Soup



DIRECTIONS

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Witch's Fingers PREHEAT oven to 450°F. BAKE Tempura Shrimp for 12 to 14 minutes according to package instructions. CUT top and bottom off bell pepper. Remove and discard seeds and membranes. Cut pepper into 1/2 inch strips. Then CUT strips into pieces approximately 1 inch long. At one end of the strips cut a point. At the opposite end cut the end so that it tapers for easy insertion into the shrimp. When shrimp are fully cooked remove from oven. CUT off the tails and discard. On the opposite end of the shrimp cut a slit to INSERT the bell pepper "finger nail." SERVE with dipping sauce (included in package).

Dragon Tails (roasted asparagus) CUT the tough ends off the spears and place in a baking dish. SPRINKLE with olive oil and STIR the asparagus until coated. ARRANGE the asparagus in a single layer in the baking dish. SPRINKLE lightly with garlic salt. BAKE for 9-10 minutes at 450F or until desired level of tenderness.

10 Minute Pumpkin Soup POUR pumpkin puree, chicken broth, half and half, brown sugar, nutmeg, garlic salt and cinnamon into a medium sized pot. Turn heat onto medium high. WHISK ingredients together until fully incorporated. STIR occasionally until soup starts to simmer. Then turn heat down to low and let simmer for 4 minutes or until ready to serve. SPOON soup into bowls.