



Growing Healthy Food, People
and Communities

For Marinade:

Ingredients

- 1 cup water
- 4 oz tomato sauce
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 1 teaspoon ground coriander
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 cup honey
- 1 tablespoon vegetable oil

Directions

1. Heat oil in sauté pan over medium heat.
2. Add garlic and ginger, and sauté for 1 minute.
3. Add tomato sauce, water, and coriander and bring to a slow simmer.
4. Stir in remaining ingredients and reduce by 1/3 to thicken.



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Chef in the Garden

Afghani Sweet and Spicy Pumpkin Kabobs

10/23/09

Recipe courtesy of Tim Miller, Chef at Mie N Yu Restaurant



5. Cool and use accordingly.

For Kabobs:

Ingredients

- 1 pumpkin or squash, peeled and cut into 1" square cubes
- 1 large yellow onion, diced into 1" pieces
- 1 dozen 6" bamboo or wooden skewers, presoaked in water.

Directions

1. Alternately skewer pumpkin and onion, being sure to leave 2" on the round end so it can be picked up.
2. With the round end of the skewer sticking up, place the skewers vertically in a container. Marinade in the Sweet Afghan Tomato Sauce making sure the round end of the skewer is not in the marinade. Leave in the container for several hours.
3. Remove from marinade when ready to cook, and cook 1.5 minutes on each side on a griddle or grill over medium high heat.



United States Department of Agriculture

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