

Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

*****REWARD*****

Someone removed a maroon BB&T bank bag from a white GMC Envoy at the McDonald's or Hardee's parking lots in Irvine on Monday, October 15, 2018. A reward of \$50 is offered for its return with paper work inside. NO QUESTIONS ASKED. Contact C.C.C. P.O. Box 252 Irvine, KY 40336

10/24

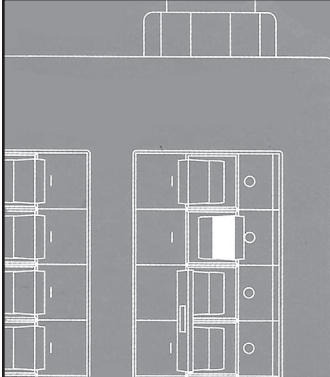
WANTED TO BUY

Belting for a rock crusher, parts of 2-caps wood stoves, pokes and shaker; a hose for a Maytag wringer washer or whole white washer not working; all kinds of plows without handles, horse or push; tools without handles, plowpoints for layoff plows, 6-inches or bigger. Other things. Write Chester Proffitt, 3540 Furnace Jct., Ravenna KY 40472-8988 or call Kathy Cooper at (859) 779-9379.

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Jack Walling
GRAVEL HAULING & DOZIER WORK
 Free Estimates!
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 1075 Rice Station Rd.
 Irvine, KY 40336

Daniel Muchow
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 EasternKyElectric@yahoo.com

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Tommy 1-606-253-8826

Stickeler's Answer

Stickelers Answer
 The answer is 1) aspergillosis.

Stickeler's Puzzle on Page 9

College Open House

THE BRED EXPERIENCE SAT., NOV. 3/EXUM CTR. KENTUCKY STATE UNIVERSITY

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- ✓ Community College Students
- ✓ Veterans/Government Employees
- ✓ Those seeking Graduate School opportunities
- ✓ Those looking to finish their degree

TOPICS

- Get Enrolled
- Acquire Scholarships
- Apply for Financial Aid
- Visit Residence Life
- Visit Academic Colleges
- Meet with an Advisor
- Student Support Services
- Intern & Co-Op Opportunities

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EVERY ATTENDEE RECEIVES

- T-Shirt • Football Game Ticket
- Breakfast & Lunch while supplies last

Kitchen Diva

Add Some Pumpkin to Your Pasta

by ANGELA SHELF MEDEARIS

Nothing so vividly illustrates the best of the fall harvest like pumpkins. Their bright orange color is a dead giveaway that pumpkin is loaded with an important antioxidant: beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

To select a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut down too far, the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, although shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure one pound of raw, untrimmed pumpkin for each cup of finished pumpkin puree.

To prepare the pumpkin for cooking, spread newspaper over your work surface. Start by carefully removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash or drop the pumpkin on a hard surface to break it open. In any case, remove the stem, scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

You can cook the pumpkin by boiling, steaming, roasting or using the microwave to create your own fresh pumpkin puree. Directions for cooking and preparing pumpkin puree are as follows:

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water (water does not need to cover the pumpkin pieces). Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

Oven Method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350 F for one hour or until fork tender.

Microwave Method: Cut pumpkin in half, place cut side down on a microwave-safe plate or tray. Microwave on high for 15 minutes, then check for doneness at 1 to 2 minute intervals until fork tender.

Preparing the Puree: Allow cooked pumpkin to cool. Remove the peel using a small sharp knife and your fingers. Place pumpkin in a food processor and puree or alternately use a food mill, ricer, strainer or potato masher. Freeze and store in 1 cup portions in a small freezer bag for up to one year. Don't have time to process a fresh pumpkin? There are several delicious varieties of organic canned puree available.

You can add pumpkin puree to everything from stirring it into hot breakfast cereals, smoothies and sauces to savory dishes and desserts. Either fresh or organic canned puree works beautifully in my recipe for Cheesy Ravioli With Pumpkin Sauce.



Photo Credit: DepositPhotos

Cheesy Ravioli with Pumpkin Sauce

- 1 tablespoon plus 1 1/2 teaspoons salt (for pasta water and seasoning)
- 2 pounds cheese ravioli
- 2 tablespoons olive oil, plus 1 teaspoon olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 2 tablespoons Italian seasoning
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 1 1/2 cups fresh puree or 1 (15-ounce) can organic pumpkin puree
- 1 quart vegetable or chicken broth
- 1 teaspoon ground cinnamon or ground nutmeg
- 1 cup plain, Italian flavored or whole wheat Panko bread crumbs
- 1/2 cup Parmesan or Monterey Jack cheese, shredded
- 7 basil leaves, torn (optional)
- 7 sage leaves, fried in olive oil until crisp (optional)
 1. Heat oven to 400 F.
 2. Place a large pot of salted water over high heat to boil. When water is boiling, add 1 tablespoon of the salt and drop in the ravioli. Cook according to package directions. Drain cooked ravioli and return it to the pot.
 3. Meanwhile, add the 2 tablespoons of the olive oil to a microwave-safe bowl with the onions and garlic. Cook on high for 2 to 3 minutes until the onions soften. Add the onion mixture to the ravioli. Season with 1 teaspoon of the salt, 1 teaspoon of the Italian seasoning, black pepper and red pepper flakes.
 4. In a medium bowl, mix the pumpkin and broth, the remaining 1/2 teaspoon of salt, the remaining Italian seasoning and the cinnamon or nutmeg together to make a sauce. Toss 1/2 of the pumpkin sauce with the pasta until it is well-coated. Transfer ravioli to a casserole dish.
 5. Spoon the remaining pumpkin sauce on top of the pasta. Sprinkle with the panko breadcrumbs and the remaining teaspoon of olive oil. Cover with cheese.
 6. Bake until cheese is melted, about 8 to 10 minutes. Sprinkle with the basil leaves and fried sage leaves, if desired.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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