

# Pumpkin or Apple Galette

**Serves 10**

This isn't traditional pumpkin pie, but is much faster, easier and lighter, with more intense pumpkin flavor. For an easy apple galette, substitute applesauce, apple butter and sliced apples (see Note below).

**About ½ small kabocha squash**

**1 sheet of frozen puff pastry**

**1 egg yolk beaten with 2 table-spoons milk and a pinch of salt (for glaze)**

**½ to ¾ cup purchased pumpkin butter**

**½ cup unsalted butter, melted**

**2 tablespoons sugar**

**Freshly grated nutmeg**

**About ¼ cup sliced almonds**

**Whipped cream for garnish (optional)**

**Instructions:** Preheat oven to 375°. Line a baking sheet with parchment or silicone liner. Peel and seed squash. Cut into ½-inch slices, the thinner the better; use a mandoline if you have one. Place in medium bowl.

Defrost the puff pastry according to package directions. Cut into a 10-inch circle, if necessary. Place on the baking sheet. Prick the pastry all over with a fork. Using a pastry brush, paint a ¾-inch band of the egg glaze around the rim of the puff pastry. Make sure none of the egg mixture drips over the edge of the dough – it will prevent it from rising. Spread pumpkin butter on the bottom of the crust to within ¾-inch of the edge. You want only



a thin ⅛-inch layer, especially if the pumpkin butter is intensely spiced.

Pour melted butter over squash slices and toss to coat. Lay the slices attractively over the pumpkin butter, being careful not to overlap too much. Combine sugar and nutmeg and sprinkle over the squash. Sprinkle with almonds.

Bake for 15-20 minutes or until pastry is puffed and cooked. Remove from oven and let rest for 15 minutes. Serve warm, with lightly whipped cream if desired.

**Note:** For an apple galette, use about ¼ cup apple butter blended with ½ cup applesauce. Taste and adjust, adding more apple butter for flavor. Top with about 2 thin-sliced Golden Delicious apples.

**Per serving:** 285 calories, 3 g protein, 23 g carbohydrate, 20 g fat (7 g saturated), 46 mg cholesterol, 68 mg sodium, 2 g fiber.