

Pumpkin-Corn Sauce

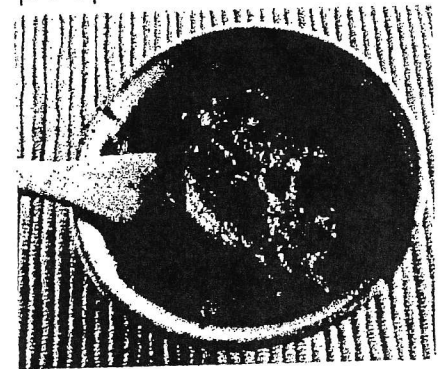
You will need:

- 1 15-ounce can plain pumpkin (without spices)
- 1 cup canned or frozen corn
- 1/2 teaspoon salt
- 2 tablespoons honey

How to do it:

Preheat oven to 350°F. Grease a baking sheet with a small amount of cooking oil. Place corn on the oiled baking sheet and bake for 20 minutes. Mix the corn, pumpkin, salt, and

honey in a medium-size pot. Heat it over medium heat until it starts to bubble. Turn the heat to low and cook for 10 minutes, stirring from time to time. Serve with grilled chicken or pork. This recipe serves four people.



Many Native Americans grew corn, squash, and pumpkins. You can use corn and pumpkins to make a tasty dish.