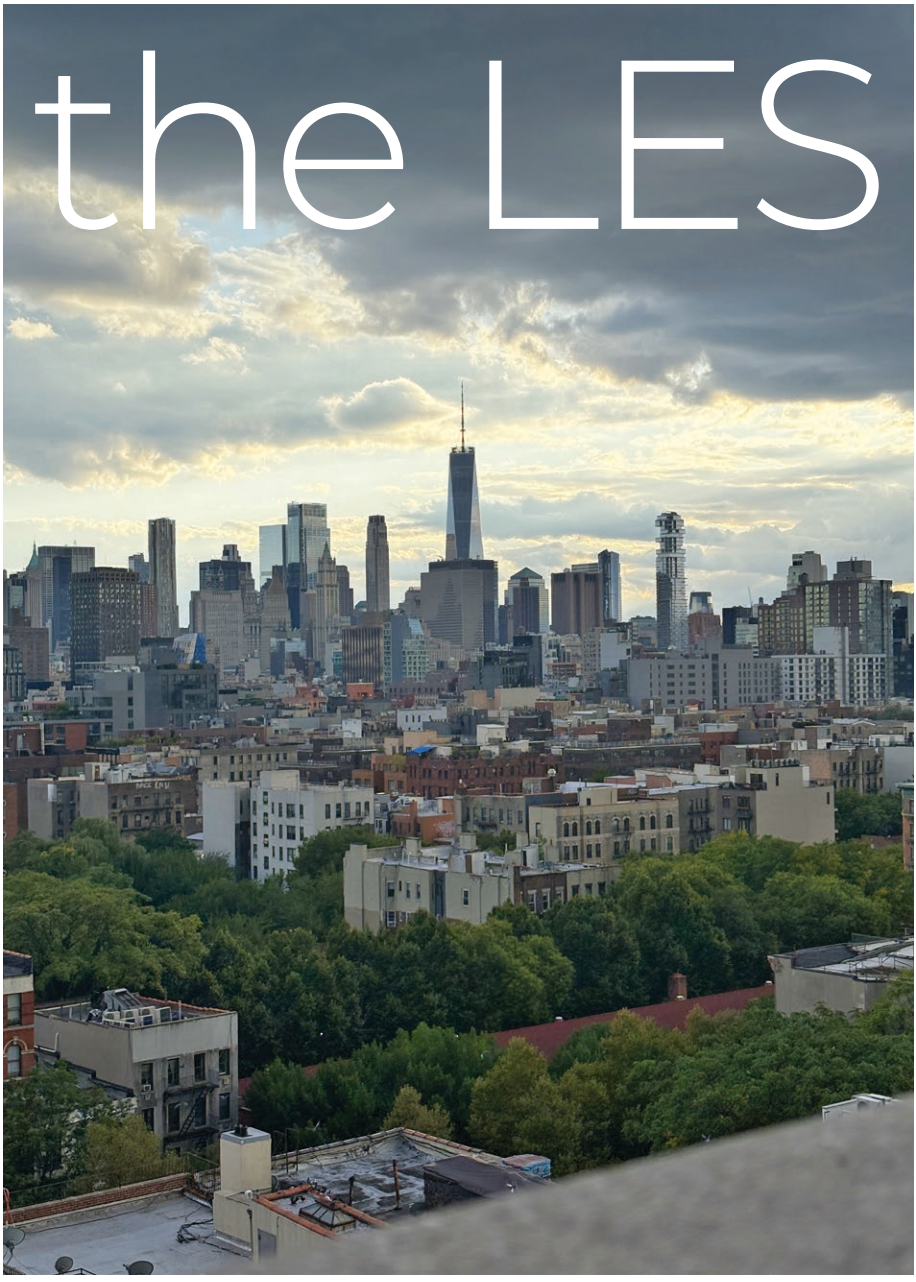
The Lower East Side's #1 Realtor

October **2025**

the LES



Presented by **Jacob Goldman**
Issue #10

#1 IN CO-OP VILLAGE

LOHO Realty

CELEBRATING 25 YEARS ON THE LOWER EAST SIDE



Dear Neighbors,

October on the Lower East Side is a season of transition. The days get shorter, the air crisper, and our streets come alive with fall holidays, community events, and the anticipation of what's ahead for the city.

This year, October also brings meaningful shifts in the housing market. The Federal Reserve's recent move to lower interest rates has already created new momentum for buyers — an important change after months of higher borrowing costs. At the same time, with New York City elections just weeks away, some buyers pause before making a decision, waiting to see what leadership might mean for our city's future.

But one thing hasn't changed: **the LES remains one of Manhattan's most stable and value-rich neighborhoods**. Our co-ops continue to offer more space for the price, strong boards that safeguard financial health, and a community spirit that makes living here truly unique.

In this issue, you'll find updates on the housing market, practical tips for making the most of your home, and seasonal features — from recipes and community spotlights to a special giveaway from a beloved LES bakery. **It's all part of what makes this neighborhood vibran**t in every season.

Thank you for your continued trust — it's an honor to help neighbors, old and new, make their next move here in the Lower East Side.

Warmly,

Jacob Goldman
& the LoHo Realty team

Co-op Village Market Info

(As of 9/17/2025)



East River



Seward Park



Hillman



Amalgamated

Apartments Available per Month by Co-op

	APRIL	MAY	JUNE	JULY	AUGUST	SEPT
East River	30	21	21	21	22	27
Seward Park	15	20	21	18	17	18
Hillman	6	10	10	10	7	6
Amalgamated	3	2	1	1	2	2

Closed Sales for First Half of 2025

East River	Seward Park	Hillman	Amalgamated
21	20	7	4

East River

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
4	1-bedrooms without balconies	$469K-$575K
4	1-bedrooms with balconies	$560K - $585K
4	1-bedrooms, set back terrace	$850K *(price reduction)*
4	2-bedrooms without balconies	$725K - $890K *(price reduction)*
5	2-bedrooms with balconies	*$825K - $1.05M (price reduction)*
5	3-bedrooms	$995K-$1.295K
1	3-bedrooms, 2 baths, set back terrace	$1.75M

Hillman

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
2	studios	$435K - $461K *(price reduction)*
1	1-bedrooms	$599K
2	2-bedrooms	$709K - $769K
1	3-bedrooms	$1.1M

Seward Park

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
4	studios	$455K-$550K
2	1-bedrooms without balconies	$740K - $755K
2	1-bedrooms with balconies	$725K - $735K
3	1-bedrooms with setback terrace	$895K-$999K *(price reduction)*
2	2-bedrooms without balcony	$975K - $1.1M
3	2-bedrooms with balcony	$975K - $1.1M *(price reduction)*
2	3-bedrooms	$1.15M - $1.589M

Amalgamated

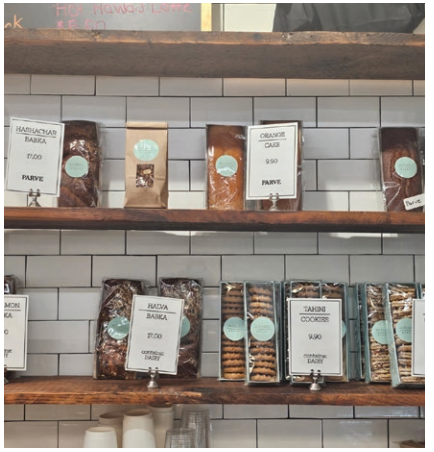
UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
1	3-bedrooms	$1.295M
1	breakthrough	$1.599M *(price reduction)*



Michaeli Bakery

By Renee Gershman

One of the true blessings and beauties of living in New York City is exploring and finding an unexpected spot that turns out to be a true gem. In the middle of Division Street's decidedly un-foodie commercial mélange, a few weeks ago I happened upon the Michaeli Bakery. Situated at 115A Division, between Allen and Ludlow, it features the work of Chef Adir Michaeli. An alum of the famed Breads Bakery, Michaeli serves up classic Jewish and Middle Eastern items, including chocolate and poppy babkas, other loaf style cakes like Halva and Orange, and a seasonal favorite Honey Cake. Rugelach in chocolate, cinnamon, and Halvah flavors shares rack space with seeded Challah. They also offer savory items such as delicious burekas (made with spinach, mushroom, potato, or cheese) that can be a breakfast, snack, or a great addition to any meal. All these items fit together and make a divine culinary journey.





Michaeli offers a great coffee and drink selection to round out your experience. Seating is limited, but it's a great place to meet a friend, stop off for a snack, or pick up a housewarming gift. So come by for a treat!





Reader Giveaway!

Four lucky readers will each win a $25 gift certificate to Michaeli Bakery.

See page 11 for details.



Jacob Goldman
212-388-1115, info@lohorealty.com

TESTIMONIALS

★★★★★

To the entire team at LoHo Realty, thank you!

My experience working with you, particularly with Jacob and Leora, was nothing short of exceptional. From our very first meeting, it was clear that I was in the hands of true professionals.

They went above and beyond, treating me with the care and consideration of family. Jacob and Leora were absolute champions—always available, endlessly supportive, and handled every detail of the sale of my property with grace and expertise. When challenges arose, they tackled them head-on, finding solutions with a positive attitude and a smile.

Thanks to their hard work, dedication, and deep understanding of the market, my apartment was sold successfully and in a remarkably short amount of time.

I can't recommend LoHo Realty, Inc. enough. I will definitely be a returning client without hesitation.

-Liad C.

★★★★★

Shout out to the best realtors ever, all so professional, passionate, caring and supportive at what usually is a stressful time.. keep up the good work!!

-Chaim N.

★★★★★

The team at LoHo made my first buying experience so wonderful. Buying in New York City and dealing with Co-Op Boards can be very intimidating - the team helped me work through the application and I was able to purchase my apartment without any issues. I can't say enough positive things about Jacob and Leora and I am so happy to have met them.

-Jamie B.

★★★★★

Very prompt, professional and easy to work with. Made it simple to navigate the co-op process.

-Michael W.

★★★★★

LOHO realty extremely professional cooperative and helpful.

-Fred S.

★★★★★

I've worked personally with and recommend these guy to many of my friends. They really care about people as much as their business. I felt cared for through the entire process. Highly recommend

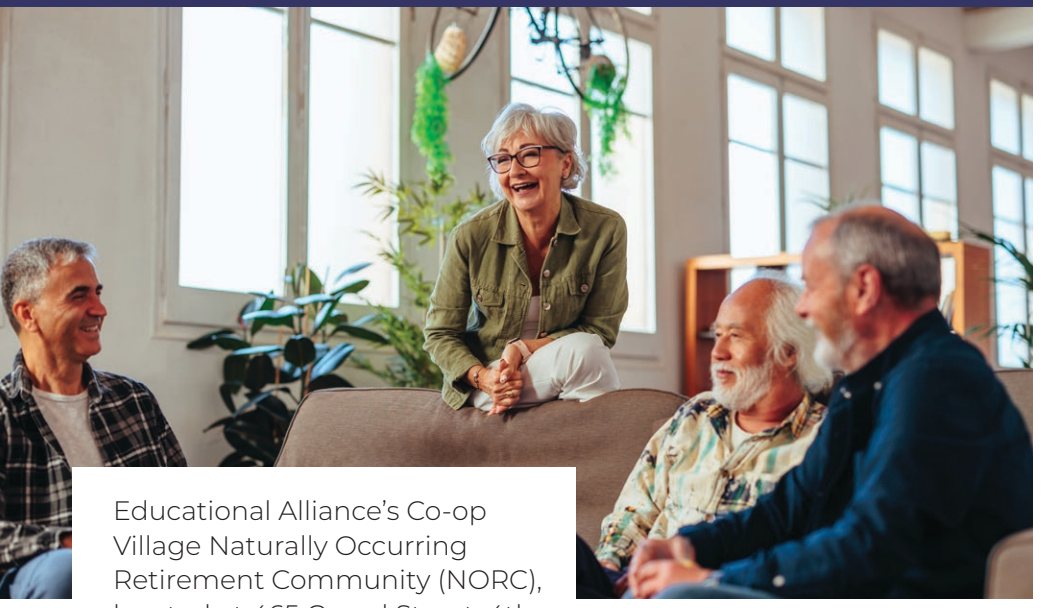
-Russel S.

★★★★★

Over 140 5-Star Reviews

#1 IN CO-OP VILLAGE
LOHO 25 YEARS
Realty

Co-op Village NORC | Educational Alliance



Educational Alliance's Co-op Village Naturally Occurring Retirement Community (NORC), located at 465 Grand Street, 4th floor, is a social services program for adults over 60 residing in the East River, Seward Park, and Hillman Co-ops. The NORC, in conjunction with our partners, assists older New Yorkers to successfully "age in place" by providing responsive social work and nursing support services as well as opportunities to engage in dynamic educational, social, and arts-related programming.

Our Core Services Include:

- Case Management
- Social Work/ Nursing Services
- Arts/Social/Cultural Programming
- Fitness Programming

CO-OP VILLAGE NORC
EDUCATIONAL ALLIANCE

We are here to support you in any way we can!
Call (646) 395-4505 to learn more about joining our vibrant community or visit our website at **MannyCantor.org/NORC.**



Photo courtesy of Hsin-Yi Wei (@weinyc)

WIN ONE OF FOUR $25 Gift cards to:

Michaeli Bakery

Founded in 2019 on The Lower East Side, Michaeli Bakery is an Israeli style bakery serving burekas, rugalach, babka, challah & more! Owner and visionary Adir Michaeli brings a wealth of experience to the table. He trained under renowned pastry chef Roni Fredy Mordechai and went on to lead the pastry department at Tel Aviv's acclaimed Lehamim Bakery, where he established and managed the main production facility. After relocating to New York in 2013, Adir played a key role on the opening team of Bread's Bakery's flagship location in Union Square before eventually striking out on his own.

LoHo Realty is giving away FOUR $25 gift cards to Michaeli Bakery:

115A Division Street (at Canal Street)
New York, NY 10002
T: (646)-360-2284
E: adir@michaelibakery.com
www.michaelibakery.com

Hours of Operation
Monday - Thursday; 7am - 6pm
Friday; 7am - 4pm | Sunday; 8am - 6pm

Entering is simple and quick!

How to Enter:

Email us at: giveaway@lohorealty.com
Deadline to enter: *October 31, 2025*
Make sure to include your name, phone number and mailing address with your entry. Winners will be chosen at random and contacted via email/phone.

Terms & Conditions: *One entry per person. One gift card per winner. Four winners in total.*

Make Your Kitchen Feel More Spacious

WITHOUT MAJOR RENOVATION

Cramped kitchen got you down? You don't need to demolish walls or hire expensive contractors to create the illusion of more space. With strategic design choices and creative thinking, you can double your kitchen's visual impact while staying within budget.











Start Small for Big Results

The secret lies in thoughtful updates that maximize your existing footprint. These expert-backed strategies will help you achieve a more open, functional kitchen that reflects your personal style.

Harness the Power of Light Colors

Even though dark colors like navy or maroon are trending, they absorb light and make rooms feel smaller. Light tones like whites, creams, and soft neutrals work magic by reflecting light and creating visual distance. This makes walls appear to recede, instantly expanding your perceived space. Light palettes also offer timeless versatility for future décor changes.

Declutter Your Countertops

Visual chaos makes any space feel cramped and overwhelming. Hidden storage solutions and clear counters create an immediate sense of expansion. Store small appliances in pantries or appliance garages to free up valuable counter real estate.

Modernize Your Appliances

Consider replacing bulky microwaves and wall ovens with multi-functional 5-in-1 units that combine convection, toasting, warming, precision cooking, and microwave capabilities. This eliminates the need for multiple appliances. Counter-depth refrigerators also create better flow and reclaim precious floor space.

Optimize Seating and Dining Areas

Choose backless counter stools that tuck completely under islands for seamless integration. If you have kitchen dining furniture, try keeping pieces simple and monochromatic in neutral tones. You can also eliminate unnecessary dining sets entirely if you have alternative eating spaces.

Embrace the Minimalist Philosophy

The golden rule? Less truly is more. Audit your kitchen ruthlessly—identify unused appliances, excessive décor, and unnecessary furniture that can be removed or relocated. A clean, essential-focused space naturally feels larger and more inviting.



#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS ON THE LOWER EAST SIDE

Opportunities Here:

Manhattan's Lower East Side Market at a Turning Point



Most housing stories are really about houses — driveways, lawns, and cul-de-sacs. But Manhattan is a vertical city. We don't sprawl outward, we build upward. Living here means elevators instead of garages, neighbors above and below instead of across the fence, and co-op boards instead of homeowners' associations. That difference matters, because while suburban markets surged during COVID, the Lower East Side moved on a completely different track.

The "Backyard Bubble" vs. City Stability

During the pandemic, suburban homes with space and backyards became hot commodities. In many cases, houses sold 20–30% over the asking price, as buyers fought bidding wars to secure anything with more room. That frenzy created a "COVID bubble" of inflated values — and now, years later, those markets are adjusting as supply builds and buyers resist overpaying.

Here on the Lower East Side, the story was almost the opposite. Prices had already corrected back in 2018, before COVID even arrived. When the pandemic came, values dipped slightly but then flattened out. Instead of runaway appreciation, the LES market stayed steady. Buyers today aren't stepping into a bubble — they're buying into a market that has already reset and held firm for years.

New Supply: Limited, Not Zero

It's true that we don't have endless new homes being built like in suburban areas. Still, the Lower East Side has added some supply in recent years, but on a far smaller scale. Essex Crossing, the redevelopment anchored by the new Essex Market, added just over 1,000 apartments across several sites starting in 2018. Condos like 242 Broome and One Essex Crossing brought new inventory, and rentals such as The Artisan filled in. But these are drops in the bucket compared to the thousands of suburban homes added each year. The overwhelming majority of LES housing remains in co-ops, where turnover happens only through individual life changes.

The Role of Co-op Boards

Another difference is that LES co-ops aren't just buildings — they're communities overseen by boards. These boards focus on long-term financial stability, approving buyers who meet strict income, debt, and liquidity requirements. While this process can feel daunting to buyers, it's one of the main reasons

these buildings avoided the boom-and-bust volatility of other markets. Co-op governance helps preserve affordability and protect shareholders, reinforcing the LES as a stable place to buy.

Why This Is the Moment

The combination of stable pricing since 2018 and today's easing interest rates creates a rare window of opportunity. After years of waiting, many buyers are finally ready to re-enter. Unlike the suburbs, where buyers risk stepping into inflated values, LES buyers are purchasing into long-term stability with strong financial footing.

The LES Advantage

Lower East Side co-ops remain some of the best values in Manhattan. Maintenance charges are generally low, the buildings are financially sound, and apartments often offer more space for the price than elsewhere downtown. Beyond the numbers, buyers are joining a neighborhood with deep history, culture, and community — benefits you won't find in a subdivision.

Bottom Line

The suburbs are still unwinding from the inflated COVID bubble. The Lower East Side never had that bubble. Prices here corrected before COVID, then held steady, and now, with limited new supply, strong co-op governance, and demand returning, real opportunities are opening up.

If you've been waiting for the right time to buy, that time may be here.

3

Things to Know Before Buying in an LES Co-op

1. Board Approval Matters

Unlike condos or houses, you don't just buy an LES co-op apartment — the board must approve you. Expect a detailed review of your finances, interview, and supporting documents.

2. Be Financially Ready

Boards look for strong ratios: solid income, manageable debt, and liquid savings after closing. Buyers should be prepared with mortgage pre-approval and financial paperwork up front.

3. Timing Is Key

LES apartments don't come in large waves of inventory. Each listing is unique, and the right unit may not linger. When the right home appears, be ready to act quickly with a complete package.

Tip: LoHo Realty knows LES buildings, boards, and process—the difference between a stalled file and a smooth approval.

Navigating NYC Real Estate Due Diligence

By Barry Weidenbaum, Esq.



Buying or selling a home in New York City is both exciting and overwhelming. Within days, contracts are drafted, attorneys negotiate, and a flurry of documents are exchanged. Amid all this activity, one word looms large: due diligence.

Simply put, due diligence is the process of gathering and reviewing information to make sure you know exactly what you're buying—or selling. The good news? Much of this information is public. With the right tools, you can uncover key details about ownership, taxes, compliance, and neighborhood context.

"Due diligence isn't optional—it's essential."

Ownership, Liens & Legal Records

- **ACRIS – Land Records and Liens**
  Look up deeds, mortgages, and liens to confirm ownership and debts.
  a836-acris.nyc.gov
- **NY Surrogate's Court Records**
  Check probate filings when an owner has passed away to avoid title surprises.
  websurrogates.nycourts.gov
- **Housing Litigation Database**
  Uncover Housing Court cases and violations tied to a

property.
hpdonline.nyc.gov

- **Foreclosure Notices (Lis Pendens)**
  Find pre-foreclosure filings not yet in ACRIS.
iapps.courts.state.ny.us/webcivil/FCASMain

- **PropertyShark**
  Snapshot of sales history, ownership, and foreclosure activity.
  propertys*hark.com*

Financial & Tax Matters

- **NYC Property Tax Bills**
  Confirm annual taxes and payment history.
NYC Property Tax Portal

- **Tax Exemptions & Abatements**
  Learn about 421-a and J-51 programs that reduce costs—until they expire.
nyc.gov/finance/benefits

Building Condition & Compliance

- **Department of Buildings (DOB)**
  Check open violations, permits, and Certificates of Occupancy.
nyc.gov/buildings

- **DOB NOW**
  Track applications and permits in progress.
a810-dobnow.nyc.gov

- **FEMA Flood Maps**
  See if the property sits in a flood zone.
msc.fema.gov

- **NYC Accelerator**
  Gauge energy efficiency and Local Law 97 compliance.
accelerator.nyc

- **Environmental Programs**
  Spot brownfield or cleanup sites.
dec.ny.gov

Some Key Questions to Ask Your Attorney Before Signing:

1.Are there any ownership or legal issues?
(Liens, estate/probate filings, or disputes that could affect shares or deed)

2.Is the building financially sound?
(Property taxes, abatements, or board litigation that could raise costs)

3.Are there compliance concerns?
(Open DOB violations, flood zone risks, or emissions requirements)

Co-op & Condo Records

- **Offering Plans**
  Confirms Attorney General approval of plans and amendments.
offeringplandatasearch.ag.ny.gov

- **eCourts Civil Search**
  Reveals if a building or board is tied up in lawsuits.
iapps.courts.state.ny.us

Zoning, Land Use & Neighborhood

- **ZoLa (Zoning & Land Use Application)**
  Interactive zoning, planning, and redevelopment maps.
zola.planning.nyc.gov

- **Landmarks Preservation Commission**
  Check landmark or historic district status.
nyc.gov/lpc

- **OASIS Maps**
  Explore schools, parks, transit, and neighborhood context.
oasisnyc.net

Homeowner & Neighborhood Tools

- **HPD Registration Summary**
  Ownership, managing agent, and violation data.
hpdonline.nyc.gov

- **JustFix NYC – Who Owns What**
  Unmasks LLC connections and ownership networks.
whoownswhat.justfix.nyc

- **NYC Homeowner Resource Hub**
  Central place for payments, complaints, and homeowner services.
nyc.gov homeowner resources

- **311 Complaint Lookup**
  Check noise, sanitation, and quality-of-life complaints.
portal.311.nyc.gov

For Foreign Buyers

- **IRS Tax Treaty Guide**
  Helps foreign buyers determine if they qualify for estate, gift, or income tax reductions under U.S. treaties.
irs.gov tax treaties

Final Word

Whether you're buying or selling, doing your homework upfront saves stress and money later. These tools won't replace professional guidance, but they will empower you to enter negotiations informed and confident.

This article is for informational purposes only and not legal advice. For specific guidance, please speak with your attorney.

Barry Weidenbaum, Esq.
Weidenbaum & Harari, LLP
bjw@whfirm.com



Why This Matters

Before making an offer, always confirm:

✔Who actually owns the property

✔Whether taxes and liens are current

✔If there are Housing Court or foreclosure filings

#3 IN NYC
BY DEALS CLOSED

TOP 0.25% NATIONWIDE
VERIFIED BY REALTRENDS

These aren't marketing claims. They're independently verified numbers. But while rankings are nice, the real reward is being trusted by longtime neighbors and by new faces discovering the LES for the first time. Helping people move within our community — and move *into* it — is what this work is all about.

Dear Neighbors,

I was recently named to the RealTrends Verified Honor Roll — ranked #3 in New York City by number of closed sales, and among the top 0.25% of agents nationwide.

These rankings are based on real data, not marketing fluff — which is nice. But the truest recognition is being trusted by people right here in the Lower East Side — whether they've lived here for decades or are just discovering it for the first time.

From first showings to final signatures, my team and I are here to do the work — with clarity, experience, and care — so your goals become real results. No gimmicks.

Thank you for continuing to trust us — and for making this neighborhood what it is.

Jacob Goldman

Founder & Broker, LoHo Realty
LoHoRealty.com · 212-388-1115

Find Out What Your Place is Worth

scan

Featured Listings

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS



577 Grand Street, F1904

3 Bedroom | 2 Bathroom | Terrace | Price: $1.75M | Maint.: $2,071



575 Grand Street, E1505

3 Bedroom | 2 Bathroom | Price: $1.295M | Maint.: $1,871



504 Grand Street, E53

3 Bedroom | 1 Bathroom | Price: $1.295M | Maint.:$1,904



455 FDR Drive, B405

3 Bedroom | 2 Bathroom | Price: $1.199M | Maint.: $1,844

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

Featured Listings

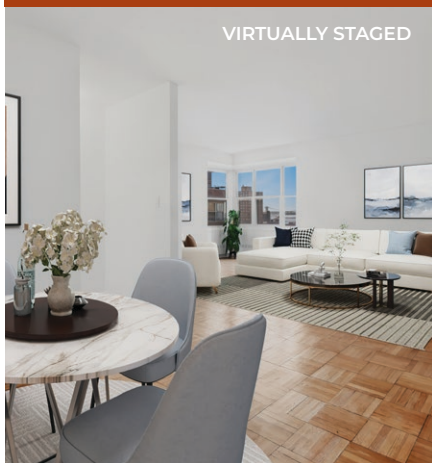
#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS

3 Bedrooms



570 Grand Street, H1405
3 Bedroom | 1.5 Bathroom
Price: $1.1M | Maint.: $1,880

3 Bedrooms



575 Grand Street, E1105
3 Bedroom | 1.5 Bathroom
Price: $999K | Maint.: $1,849

3 Bedrooms



575 Grand Street, E605
3 Bedroom I 1.5 Bath
Price: $999K | Maint.: $1,842

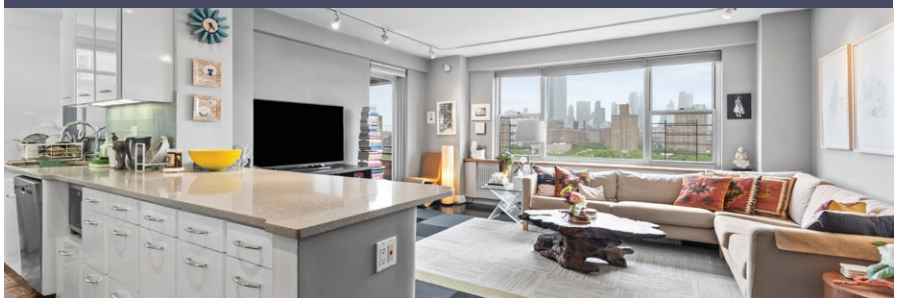
Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

2 Bedrooms



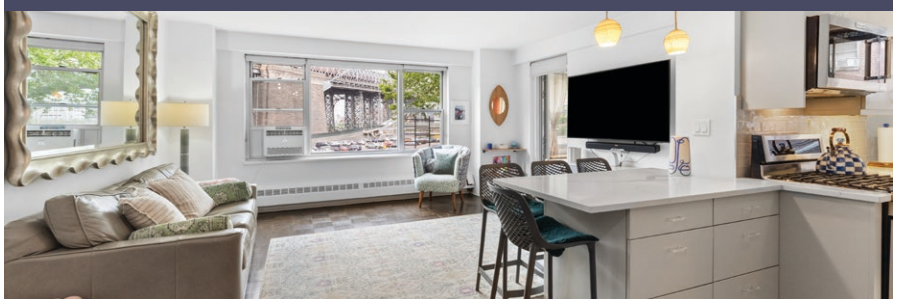
268 East Broadway, A307
2 Bedroom | Balcony | Price: $1.1M | Maint.: $1,447

2 Bedrooms



573 Grand Street, D1406
2 Bedroom | Balcony | Price: $1.05M | Maint.: $1,568

2 Bedrooms



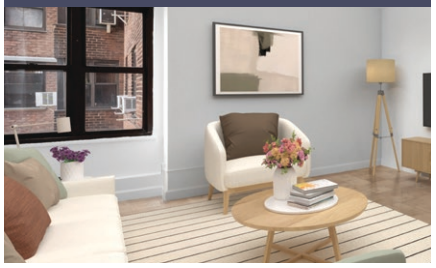
568 Grand Street, J104
2 Bedroom | Balcony | Price: $839K | Maint.: $1,526

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

Featured Listings

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS

2 Bedrooms



385 Grand Street, M705
2 Bedroom
Price: $975K | Maint.: $1,411

2 Bedrooms



577 Grand Street, F504
2 Bedroom | Balcony
Price: $850K | Maint.: $1,528

2 Bedrooms



453 FDR Drive, C205
2 Bedroom
Price: $795K | Maint.: $1,380

2 Bedrooms



550 Grand Street, J2F
2 Bedroom
Price: $709K | Maint.: $1,443

1 Bedroom



568 Grand Street, J1804
1 Bedroom | Double-width Terrace
Price: $850K | Maint.: $1,430

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

1 Bedroom



575 Grand Street, E1004
1 Bedroom | Balcony
Price: $585K | Maint.: $1,198

1 Bedroom



570 Grand Street, H1504
1 Bedroom | Balcony
Price: $565K | Maint.: $1,250

1 Bedroom



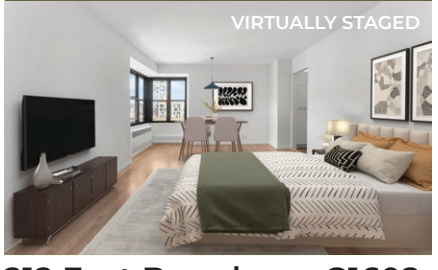
570 Grand Street, H507
1 Bedroom | Balcony
Price: $560K | Maint.: $1,242

1 Bedroom



575 Grand Street, E506
1 Bedroom I Balcony
Price: $550K | Maint.: $1,229

Studio



212 East Broadway, G1602
Alcove Studio
Price: $475K | Maint.:$659K

Studio

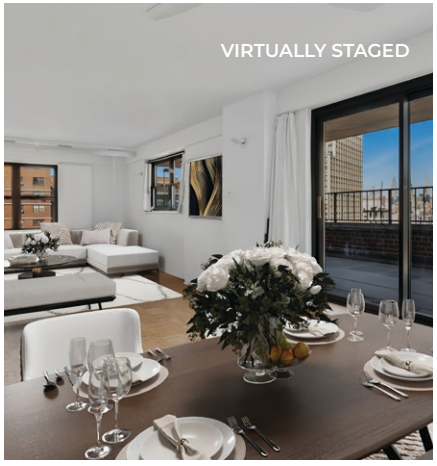


550 Grand Street, J8D
Studio
Price: $435K | Maint.: $811

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.

15 in contract including...

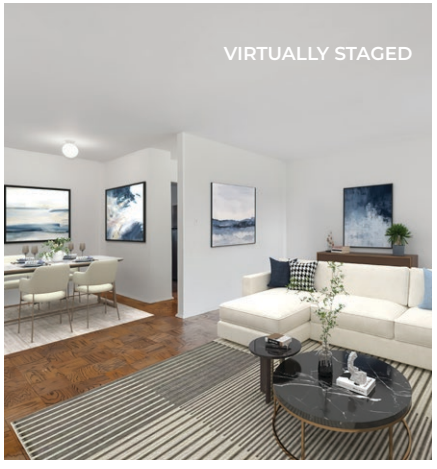
#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS



212 East Broadway, G1801
Convertible 2 Bedroom
Double-width set back terrace
Price: $1.675M | Maint.: $1,907



477 FDR Drive, M103/104
4+ Bedroom | 2+ Bathroom | 2 Balconies
Price: $1.495M | Maint: $2,745



266 East Broadway, B606
3 Bedroom | 1.5 Bathroom
Price: $1.25M | Maint.: $1,458



457 FDR Drive, A604
2 Bedroom | Balcony
Price: $895K | Maint.: $1,535

Listing status as of 9/17/2025. For updated listings, visit lohorealty.com.



575 Grand Street, E1806
1 Bedroom I Balcony
Price: $649K | Maint.: $1,266
*We represent the buyer



475 FDR Drive, L2104
1 Bedroom I Balcony
Price: $615K | Maint.: $1,267



473 FDR Drive, K801
1 Bedroom
Price: $579K | Maint.: $1,086
*We represent the buyer



477 FDR Drive, M1802
1 Bedroom
Price: $550K | Maint.: $1,088



550 Grand Street, J7G
1 Bedroom
Price: $550K | Maint.: $1,090



500 Grand Street, CGA
1 Bedroom
Price: $525K | Maint.: $1,090



385 Grand Street, L502
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Pumpkin Kale Lasagna

By Renee Gershman



October is the prime month for Autumn. Who doesn't welcome the falling leaves, cooler air, and all things pumpkin spice? Actually, I think the pumpkin spice thing is overly done, but I do love pumpkin.

Pumpkin can be a great component in savory dishes, and this month I've got an unusual place for it. You may be surprised, but pumpkin in lasagna rules! It can provide a sweet note that contrasts nicely with other elements like Kale, which can be bitter. Add to that Nduja paste—that's a spreadable salami, a specialty from Italy, that adds spice and depth (as a vegetarian alternative, try substituting a spoonful of Calabrian chili paste).

Lasagna can be made in lots of different ways. The most famous recipe uses ricotta cheese, but in Italy it's made with a Bechamel sauce. This is one of the classic "mother" sauces, and I highly recommend its lighter flavor because it lets the fillings and other components shine through. The beauty of the recipe below is that you can use whatever combination of vegetables to suit you and your family's taste. For instance, the addition of a protein--sausage, chorizo, or soy chorizo--would be a great spicy addition to this lasagna.

I like lasagna rollups because they present really well on the plate, and make it easy to serve an individual portion.

This month's recipe would make a beautiful first course or main dish (just double the quantities). It can be made ahead of time and freezes well.

Enjoy the dish, and happy Fall!

PUMPKIN AND KALE LASAGNA ROLLUPS:

INGREDIENTS:

1. ½ box of long lasagna noodles
2. 1 can of pure pumpkin (not spiced)
3. ½ bag of Tuscan kale, blanched in salted water
4. 3 oz of Mascarpone cheese (use at room temperature)
5. 3 tablespoons of Nduja paste
6. 1 cup of Mozzarella cheese
7. 3 tablespoons of Parmesan cheese
8. Bechamel sauce (see recipe below)

You will need a deep square (9 in x 9 in) or rectangular (9in x 13 in) pan for this dish.

DIRECTIONS:

Preheat oven to 375 degrees

1. Empty the can of pumpkin into a bowl, stir well. Set aside
2. Boil the lasagna noodles until medium soft
3. Thoroughly wring the water out of your blanched kale, place it into a separate bowl; add the softened Mascarpone cheese and mix thoroughly until fully combined. Set aside.
4. Lay flat one boiled lasagna noodle, spoon onto it two tablespoons of the spinach-Mascarpone filling onto the noodle, then two table spoons of the pumpkin (the two fillings can be next to each other, or on top of each other). Roll up the noodle starting at the side nearest you, and then place it on a cookie sheet, seam down.
5. Repeat till all the noodles are done. Place the noodle bundles in the refrigerator to firm up (this can take up to 30 minutes)
6. Place a layer of the Bechamel sauce on bottom of baking dish
7. Place lasagna bundles on top
8. Pour the bechamel sauce in the crevices and drizzle over the top
9. Cover with foil and bake until bubbling, about 45 minutes
10. Uncover for the last 10 minutes, sprinkle with Mozzarella and Parmesan cheese
11. Remove from the oven and let it sit for 10 minutes
12. Serve

BECHAMEL SAUCE

INGREDIENTS:

6 tablespoons of unsalted butter

2/3 cup of All Purpose Flour

3 1/3 cups of whole milk

¼ teaspoon fine sea salt

optional--pinch of nutmeg, and/or sprinkle of parmesan

DIRECTIONS:

1. In a saucepan, melt the butter, do not brown it
2. Slowly sprinkle in flour until fully incorporated
3. Add milk in slow additions until fully incorporated
4. Cook at a low simmer until the sauce thickens
5. If too thick, add a few tablespoon of milk to desired consistency.
6. Optional - add Nduja sauce to taste

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