

# Pumpkins

## Key Points

- ▶ An excellent source of vitamin A. Contains carotenoids that may be good for health.
- ▶ Select pumpkins that are firm and heavy for their size.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store pumpkins in a cool, dark place for up to two months.



## Quick Tips

- ▶ Pumpkins are not just for carving. Add pumpkin to pancakes, muffins, and even savory dishes like soups.
- ▶ Replace applesauce with pumpkin puree in your favorite apple-bran muffin recipe.
- ▶ Clean pumpkins and other firm-skinned produce under running tap water while rubbing with your hands or scrubbing with a clean brush.
- ▶ Eat the seeds too! Heat oven to 350°F. Toss seeds with a drizzle of olive oil, salt, and pepper. Roast seeds for 30-45 minutes, tossing every 10 minutes. Try spicing them up with cinnamon.

### Pumpkin for Cooking

#### Ingredients:

1 pumpkin

#### Directions:

- ▶ Heat oven to 375°F.
- ▶ Cut the pumpkin in half and discard the stem section and stringy pulp.
- ▶ In a shallow baking dish, place the two halves cut-side down and cover with foil.
- ▶ Bake for about 90 minutes for a medium-size sugar pumpkin, or until tender.

### Honey of a Pumpkin Bar

Number of servings: 15

#### Ingredients:

Nonstick cooking spray  
1/3 cup nonfat dry milk  
2 cups whole-wheat flour  
1 teaspoon baking soda  
1 1/2 tablespoons apple pie spice  
2 eggs  
1 cup baked, pureed pumpkin  
3/4 cup honey  
1/2 cup orange juice  
1/3 cup canola oil

#### Directions:

- ▶ Heat oven to 350°F. Spray a 9-by-13-inch baking pan with nonstick spray.
- ▶ In a large bowl, combine dry milk, flour, baking soda, and apple pie spice. Set aside.
- ▶ In a medium bowl, add eggs, pumpkin, honey, juice, and oil, mix well.
- ▶ Gradually add pumpkin mixture to flour mixture, stirring until smooth.
- ▶ Spread batter in prepared baking pan. Bake at 350°F for 15-20 minutes, or until golden brown and cake springs back when lightly touched with your finger.
- ▶ Allow to cool. Cut into squares.

**Per serving:** 172 calories; 6 g fat (1 g saturated fat); 4 g protein; 28 g carbohydrate; 2 g dietary fiber; 29 mg cholesterol; 110 mg sodium.

### Crustless Pumpkin Pie

Number of servings: 8

#### Ingredients:

Nonstick cooking spray  
4 eggs  
2 cups baked, pureed pumpkin  
8 ounces evaporated milk  
1/2 teaspoon salt  
3 teaspoons pumpkin pie spice  
1 teaspoon vanilla  
3/4 cup sugar

#### Directions:

- ▶ Heat oven to 400°F. Spray a 9-inch pie pan with nonstick cooking spray.
- ▶ Using a mixer, beat eggs. Add pumpkin, evaporated milk, salt, pumpkin pie spice, vanilla, and sugar. Mix until smooth.
- ▶ Pour into pie pan and bake at 400°F for 15 minutes.
- ▶ Turn oven down to 325°F and bake for another 45 minutes. Pie is done when knife inserted in center comes out clean.

**Per serving:** 151 calories; 5 g fat (2 g saturated fat); 5 g protein; 22 g carbohydrate; trace dietary fiber; 114 mg cholesterol; 199 mg sodium.

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