

Pumpkins

Key Points

- For the best buy, choose pumpkins with bright orange skins without spots.
- To prepare a fresh pumpkin, rinse and remove skin, cut into small pieces and remove seeds. Boil small pieces for 10-20 minutes.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



Pumpkin Bread

Ingredients:

- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/2 cup applesauce
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together pumpkin, sugar, oil, applesauce and eggs.
3. In a separate bowl, combine remaining ingredients, except raisins.
4. Add flour mixture to large bowl. Stir until moist. Stir in raisins.
5. Pour batter into a greased loaf pan.
6. Bake for 1 hour and 10 minutes.

Makes 8 servings.

Creamy Pumpkin Soup

Ingredients:

- 1 can (14.5 ounces) low-sodium chicken broth
- 1 chopped onion
- 1 chopped garlic clove
- 2 teaspoons brown sugar, packed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) pumpkin
- 1 1/2 cups low-fat milk*
- 1/8 teaspoon cinnamon (optional)

Directions:

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions, garlic and brown sugar. Cook until soft, stirring often.
3. Add the rest of the broth, 1/2 cup water, salt and pepper. Turn up heat to high and bring to a boil, stirring often.
4. Turn down heat to low, and cook for 15 minutes, stirring often.
5. Stir in pumpkin, milk and cinnamon. Cook for 5 more minutes.
6. Serve and enjoy!
7. Refrigerate leftovers.

*If using nonfat dried milk (NFDM), mix 1 1/2 cups water with 1/2 cup NFDM and add to recipe.

Makes 4 servings.

Quick Tips

- Chop cooked pumpkin, lightly butter and serve hot.
- Add canned pumpkin to pancake batter.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.



The Nutrition Facts Label—What does it tell us?

Recipe name: Pumpkin Bread

Amount/Serving			
Calories	260	Calories from Fat	70
% Daily Value*			
Total Fat	8g		13%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	310mg		13%
Total Carbohydrate	42g		14%
Dietary Fiber	2g		9%
Sugars	21g		
Protein	5g		
Vitamin A	100%	Vitamin C	2%
Calcium	6%	Iron	10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Creamy Pumpkin Soup

Nutrition Facts			
Serving Size: 1/5 Recipe			
Servings Per Container about 5			
<u>Amount/Serving</u>			
<u>Calories 80</u>		<u>Calories from Fat 10</u>	
% Daily Value*			
<u>Total Fat</u>	<u>1g</u>		<u>2%</u>
Saturated Fat	1g		5%
Trans Fat	0g		
<u>Cholesterol</u>	<u>4mg</u>		<u>1%</u>
<u>Sodium</u>	<u>307mg</u>		<u>13%</u>
<u>Total Carbohydrate</u>	<u>13g</u>		<u>4%</u>
<u>Dietary Fiber</u>	<u>3g</u>		<u>12%</u>
Added Sugars	1g		
<u>Protein</u>	<u>5g</u>		
Vitamin A	14%	Vitamin C	7%
Calcium	12%	Iron	6%
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