

Sugar Pumpkins

Key Points

- For the best buy, choose sugar pumpkins that have firm stalks with bright orange skins and no spots.
- To prepare a sugar pumpkin, poke 3 holes in the pumpkin. Place on a cookie sheet and bake for 60-90 minutes at 400° F or until a knife inserted in the pumpkin goes in and out easily. Cool the pumpkin, cut in half, remove the seeds and stringy pulp. Scoop out the soft pulp all the way to the skin.
- 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.



Quick Tips

- To boil a sugar pumpkin, rinse, cut into small pieces and remove seeds. Boil for 10-20 minutes. The pumpkin can be peeled before or after cooking.
- A 4 pound sugar pumpkin equals 2 cups mashed pumpkin.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.

Pumpkin Stuffing

Ingredients:

1 1/2 cups chopped onion
1 1/2 cups chopped celery
1 zucchini, chopped
2 cups chopped cooked pumpkin
3 corn muffins
1/2 cup low sodium chicken broth
1 teaspoon poultry seasoning (optional)

Directions:

1. In a large frying pan over medium heat, cook onion, celery and zucchini in 1/2 cup water for 10 minutes or until soft.
2. Add pumpkin and cook another 5 minutes adding 1/4 cup water if pan is dry.
3. Crumble the corn muffins and add to the frying pan.
4. Add the chicken broth. Stir to combine.
5. If stuffing is too dry, add 1/4 cup water.
6. Heat over medium heat until stuffing is hot, stirring often. Enjoy!
7. Refrigerate leftovers.

Makes 8 servings.

Pumpkin Stew

Ingredients:

1 onion, chopped
2 garlic cloves, chopped
2 teaspoons chili powder
1 teaspoon cinnamon (optional)
2 cups chopped tomatoes
3 cups chopped cooked pumpkin
1 1/2 cups corn
4 cups cooked pinto beans
2 cups chicken broth

Directions:

1. In a large pot over medium heat, cook the onion in 1/2 cup water until soft.
2. Add the garlic, chili powder and cinnamon. Cook 1 minute.
3. Add the tomatoes and cook 5 minutes. Add the pumpkin, corn, beans and the chicken broth. Cook 15 minutes or until the pumpkin is very soft, adding 1/2 cup water if stew is too thick. Enjoy!
4. Refrigerate leftovers.

Makes 6 servings.

The Nutrition Facts Label—What does it tell us?

Recipe name: Pumpkin Stuffing

Nutrition Facts			
Serving Size: 1/6 of recipe (250g)			
Servings Per Recipe: 6			
Amount/Serving			
Calories	110	Calories from Fat	25
% Daily Value*			
Total Fat	3g		5%
Saturated Fat	0g		2%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	200mg		8%
Total Carbohydrate	18g		6%
Dietary Fiber	3g		13%
Sugars	4g		
Protein	3g		
Vitamin A	90%	Vitamin C	20%
Calcium	4%	Iron	4%
*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: Pumpkin Stew

Nutrition Facts

Serving Size: 1/6 of recipe (478g)

Servings Per Recipe: 6

Amount/Serving

Calories 370 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 72g **24%**

Dietary Fiber 16g **64%**

Sugars 4g

Protein 16g

Vitamin A 140% Vitamin C 25%
Calcium 10% Iron 25%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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