

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.

Just Say *Yes* to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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