



Healthy Ways to Eat Canned Pumpkin



1. Heat and season with salt, pepper, and cinnamon for a healthy side dish.
2. Mix into yogurt with a dash of cinnamon and top with granola for a fall-flavored parfait.
3. Mix $\frac{1}{2}$ a cup of pumpkin into your pancake or waffle batter for a pumpkin-flavored treat.
4. Make pumpkin enchiladas! Season with chili powder and/or cumin and roll into whole-wheat tortillas. Cover with salsa and top with cheese and bake until warm.
5. Add to quesadillas or grilled cheese sandwiches!
6. Make Pumpkin Spice Oatmeal. Change up your routine with this tasty variation.

Ingredients:

$\frac{1}{2}$ cup quick oats

$\frac{3}{4}$ cup nonfat or low-fat milk

1 Tablespoon brown sugar or maple syrup

$\frac{1}{4}$ teaspoon cinnamon or pumpkin pie spice

4 Tablespoons pureed canned pumpkin

Optional toppings:

$\frac{1}{2}$ a banana, sliced, 2 Tablespoons raisins or cranberries, $\frac{1}{2}$ of an apple, chopped

Directions:

1. *Stovetop:* Mix the oats, milk, sugar/maple syrup, pureed pumpkin and cinnamon in a small pot over medium heat. Stir continuously until the mixture gets thick and creamy. Add toppings to sweeten!
2. *Microwave:* In a microwave safe bowl, mix the oats, milk, sugar/maple syrup, pureed pumpkin and cinnamon. Cook on high for 1-2 minutes, stirring halfway through. Add toppings to sweeten!

7. Make Pumpkin Peanut Butter Oatmeal Bars. Enjoy for breakfast, snack or dessert!

Ingredients:

$\frac{1}{4}$ cup peanut butter

$\frac{3}{4}$ cup pumpkin puree

2 cups oats (any kind)

$\frac{1}{4}$ cup brown sugar

1 teaspoon cinnamon

1 teaspoon vanilla extract (optional)

$\frac{1}{2}$ cup raisins

Directions:

1. Preheat oven to 350°F. Grease an 8x8-inch baking pan.
2. Combine all ingredients into a mixing bowl and stir by hand.
3. Spread batter evenly in the pan and compress using your hands or a spatula.
4. Bake for 18-22 minutes; bars will be firm to the touch, even when warm. Cool and slice into squares. Store extras on the countertop, refrigerator, or in the freezer for long term storage.

8. Make Pumpkin Pie Smoothie. Great for an on-the-go breakfast or quick & easy snack!

Ingredients:

$\frac{1}{2}$ cup nonfat or low-fat milk

$\frac{1}{4}$ cup pumpkin puree

1 banana (preferably sliced and frozen)

$\frac{1}{8}$ teaspoon cinnamon or pumpkin pie spice

1 Tablespoon maple syrup (optional)

1 Tablespoon peanut butter (optional)

Directions:

1. Pour liquid ingredients in first, then add the rest! Blend & serve cold. If not using frozen banana, add ice.

9. Make Pumpkin Soup. Warm and comforting, this soup is sure to please!

Ingredients:

1 Tablespoon oil

2 medium onions, diced

2 cloves garlic, minced (or 1 tsp garlic powder)

2 (15-oz.) cans pumpkin

3 cups chicken stock or vegetable broth

1 cup low-fat milk

1 Tablespoon tomato paste (optional)

1 teaspoon chili powder

$\frac{1}{2}$ teaspoon curry powder (optional)

1-2 teaspoons vinegar or lemon/lime juice

1 teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

Directions:

1. Heat oil in a pot over medium-high heat. Add onions and cook, stirring frequently, until browned, about 5-7 minutes. Add garlic and cook, stirring constantly, for 1 minute more.
2. Add pumpkin, stock/broth/water, chili powder, curry powder (if using), tomato paste (if using), salt and pepper. Bring to a boil.
3. Reduce heat to low. Add milk and simmer for 10-15 minutes. Add vinegar and taste. Adjust seasonings as desired. Serve warm and refrigerate leftovers.

10. Make Garlic Pumpkin Mashed Potatoes. Mix things up with this twist on a classic dish!**Ingredients:**

3 cups chopped potatoes (fresh or canned),	1 Tablespoon oil or butter
OR 2 cups instant potatoes	1 teaspoon salt
2 cloves garlic, minced (or 1 tsp garlic powder)	½ teaspoon pepper
2 teaspoons oil (only if using fresh garlic)	½ cup of canned peas, drained & rinsed and/or a
1 cup pumpkin puree	handful of fresh spinach (optional)
1/3 cup milk	

Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 5 minutes (canned), 18-22 minutes (fresh), or until soft enough to mash. Drain and place in a large bowl. If using instant potatoes, prepare according to instructions on package.
2. Meanwhile, heat oil in a skillet over low heat. Add garlic and cook, stirring constantly, for 1 minute. If using garlic powder, skip this step.
3. Mash the potato chunks in a large bowl with a fork or potato smasher. Mix in pumpkin, milk, oil/butter, salt, pepper, garlic powder (if using) and peas and/or spinach (if using). Serve warm.

11. Make Hearty Pumpkin Chili. Add ground meat or beans to leftovers to make tacos or burritos!**Ingredients:**

2 Tablespoons oil	1 large onion, chopped (or 2 tsp onion powder)
1 (15-oz.) can beans (black, pinto, kidney, etc.)	2 cloves garlic, minced (or 1 tsp garlic powder)
1 (15-oz.) can whole kernel corn, drained & rinsed	1 Tablespoon chili powder
1 (15-oz.) can diced tomatoes, with juices	1 teaspoon ground cumin
1 (15-oz.) can pumpkin puree	1 teaspoon salt
1 ½ cups water or stock	½ teaspoon ground black pepper

Directions:

1. In a colander, rinse and drain beans and corn.
2. Heat oil in a large pot over medium-high heat. Add onions. Cook, stirring frequently, until tender (about 5 minutes). Add garlic. Cook for 1 minute, stirring constantly. If using onion/garlic powders, skip this step.
3. Add tomatoes and their juices, pumpkin, water, chili powder, cumin, salt, and pepper. Bring to a boil.
4. Reduce heat to low. Add beans and corn. Cover and cook, stirring occasionally, 15-20 minutes. Serve hot.

12. Make Tuscan Pumpkin Pasta. This quick dinner makes eating healthy easy *and* delicious.**Ingredients:**

8 oz. whole wheat pasta	½ cup water
1 Tablespoon oil	1 ½ teaspoon Italian seasoning
1 onion, chopped	½ teaspoon salt
2 cloves garlic, minced (or 1 tsp garlic powder)	½ teaspoon pepper
1 (15-oz.) can pumpkin purée	Pinch of red pepper flakes (optional)
1 (15-oz.) can tomato sauce or diced tomatoes	½ cup parmesan cheese (optional)

Directions:

1. Cook pasta according to package instructions. Drain and set aside.
2. Heat oil in a large pot or skillet over medium-high heat. Add onion. Cook, stirring frequently, until tender and slightly browned (about 5 minutes). Add garlic. Cook for 1 more minute, stirring constantly to avoid burning. If using garlic powder, add during step 3.
3. Add the Italian seasoning and stir. Add tomatoes, pumpkin puree, water, salt, pepper and red pepper flakes (if using). Stir over medium heat until sauce begins to bubble. Turn heat to low and simmer for 3-5 minutes, stirring occasionally.
4. Toss with the cooked pasta and serve warm. Refrigerate leftovers.

Make sure to choose pure solid pack pumpkin, not pumpkin pie filling!

