



HEALTHY WAYS CANNED PUMPKIN



Tips!

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

- Heat and season with salt, pepper, and cinnamon for a healthy side dish.
- Mix into yogurt with a dash of cinnamon and top with granola for a fall-flavored parfait.
- Mix ½ a cup of pumpkin into your pancake or waffle batter for a pumpkin-flavored treat.
- 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.

RECIPES

Pumpkin Spice Oatmeal

Ingredients:

1/2 cup quick oats	1/4 tsp cinnamon or pumpkin pie spice
3/4 cups nonfat or low fat milk	1 tbsp brown sugar or maple syrup
4 tbsp pureed canned pumpkin	2 tbsp raisins or cranberries (optional)
1/2 banana, sliced (optional)	1/2 of an apple, chopped (optional)

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 if desired.
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 if desired.

Pumpkin Peanut Butter Oatmeal Bars

Ingredients:

1/4 cup peanut butter	2 cups oats (any kind)
3/4 cup canned pumpkin puree	1/4 cup brown sugar
1 tsp cinnamon	1/2 cup raisins
1 tsp vanilla extract (optional)	

Directions:

1. Preheat oven to 350F. 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.

Pumpkin Soup

Ingredients:

1 tbsp oil	1 tbsp tomato paste (optional)
2 medium onions, diced	1 tsp chili powder
2 garlic cloves, minced (or 1 tsp garlic powder)	1/2 tsp curry powder (optional)
2 (15oz) cans pumpkin	1-2 tsp vinegar or lemon/lime juice
3 cups chicken stock or vegetable broth	1 tsp salt
1 cup low fat milk	1/4 tsp black pepper

Directions:

1. Heat oil in a pot over medium-high heat. Add onions and cook, stirring frequently, until browned, about 6-7 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.
4. Serve warm and refrigerate leftovers.



MAKE IT A MEAL: RECIPES



Pumpkin Pie Smoothie

Ingredients:

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| 1/2 cup nonfat or low-fat milk | 1/8 tsp cinnamon or pumpkin pie spice |
| 1/4 cup pumpkin puree | 1 tbsp maple syrup (optional) |
| 1 banana (preferably sliced or frozen) | 1 tbsp peanut butter (optional) |

Directions:

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

Garlic Pumpkin Mashed Potatoes

Ingredients:

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| 3 cups chopped potatoes (fresh or canned) OR 2 cups instant potatoes | 1 cup pumpkin puree |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 1/3 cup milk |
| 2 tsp oil (only if using fresh garlic) | 1 tsp salt |
| 1 tbsp oil or butter | 1/2 cup canned peas. Drained & rinsed |
| 1/2 tsp black pepper | |
| Handful of fresh spinach (optional) | |

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 mashed potatoes, prepare according to the 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 puree, milk, oil/butter, salt, pepper, garlic powder (if using), and peas and/or spinach (if using). Serve warm.

Hearty Pumpkin Chili

Ingredients:

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| 2 tbsp oil | 1 large onion, chopped (or 2 tsp onion powder) |
| 1 (15oz) can beans (any kind) | 2 cloves of garlic (or 1 tsp garlic powder) |
| 1 (15oz) can whole kernel corn, drained & rinsed | 1 tbsp chili powder |
| 1 (15oz) can diced tomatoes, with juices | 1 tsp ground cumin |
| 1 (15oz) can pumpkin puree | 1/2 tsp black pepper |
| 1 1/2 cups water or stock | 1 tsp salt |

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 powder, skip this step.
3. Add tomatoes and their juices, pumpkin, water, chili powder, cumin, garlic/onion powder (if using), salt and pepper. Bring to a boil. Reduce heat to low. Add beans and corn. Cover and cook, stirring, for 15-20 minutes.

Tuscan Pumpkin Pasta

Ingredients:

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| 8 oz whole wheat pasta | 1/2 cup water |
| 1 tbsp oil | 1 1/2 tsp Italian seasoning |
| 1 onion, chopped | 1/2 tsp salt |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 1/2 tsp black pepper |
| 1 (15oz) can pumpkin puree | Pinch of red pepper flakes (optional) |
| 1 (15oz) can tomato sauce or diced tomato | 1/2 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 in step 3.
3. Add the Italian seasoning (and garlic powder if using) and stir. Add tomatoes, pumpkin puree, water, 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 cooked pasta and serve warm. Refrigerate leftovers.