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
- 3/4 cups nonfat or low fat milk
- 1 tbsp brown sugar or maple syrup
- 4 tbsp pureed canned pumpkin
- 1/2 banana, sliced (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
- 3/4 cup canned pumpkin puree
- 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
- 2 medium onions, diced
- 2 garlic cloves, minced (or 1 tsp garlic powder)
- 2 (15oz) cans pumpkin
- 3 cups chicken stock or vegetable broth
- 1 cup low fat milk
- 1/4 tsp cinnamon or pumpkin pie spice
- 1 tbsp brown sugar or maple syrup
- 2 tbsp raisins or cranberries (optional)
- 1/2 of an apple, chopped (optional)

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.
4. Serve warm and refrigerate leftovers.

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### Pumpkin Pie Smoothie

#### Ingredients:
- 1/2 cup nonfat or low-fat milk
- 1/4 cup pumpkin puree
- 1 banana (preferably sliced or frozen)
- 1/8 tsp cinnamon or pumpkin pie spice
- 1 tbsp maple syrup (optional)
- 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:
- 3 cups chopped potatoes (fresh or canned) OR 2 cups instant potatoes
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 cup pumpkin puree
- 1/3 cup milk
- 1 tbsp oil or butter
- 1/3 cup canned peas. Drained & rinsed
- Handful of fresh spinach (optional)

#### Directions:
1. Bring a large pot of salted water to a boil. Boil potatoes for 5 minutes (caned), 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:
- 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 (15oz) can diced tomatoes, with juices
- 1 (15oz) can pumpkin puree
- 1 1/2 cups water or stock
- 1/2 tsp black pepper
- 1/2 tsp cumin
- 1/2 tsp salt
- 1 tsp chili powder
- 1/2 tsp red pepper flakes (optional)

#### Directions:
1. In a colander, rinse and drain beans and corn.
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:
- 8 oz whole wheat pasta
- 1 tbsp oil
- 1 onion, chopped
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 (15oz) can pumpkin puree
- 1 (15oz) can tomato sauce or diced tomato
- 1/2 cup water
- 1 1/2 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp black pepper
- Pinch of red pepper flakes (optional)
- 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.

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