



HEALTHY WAYS PUMPKIN



Tips!

- The best pumpkin to cook with is a sugar pumpkin.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Pumpkin contains potassium, which is great for a healthy heart!

To Prepare Pumpkin

- **Method 1:** Rinse and cut pumpkin in half or quarters. Use a spoon to scoop out the seeds and then peel the pumpkin. You can choose to cut into cubes if desired.
- **Method 2:** Rinse and cut pumpkin in half or quarters. Use a spoon to scoop out the seeds. Place pumpkin skin side up on a microwave safe plate and microwave for 10-15 minutes. This will soften the insides and make it easy to scoop out of the skin. Be careful: it will be VERY hot, so it is recommended to wait 5-10 minutes after microwaving to let it cool down. This method is good if you are using the pumpkin as a soft, mixture. Not super effective for cubing.
- **Method 3:** Cut pumpkin in half from top to bottom. Put in oven at 400F for 40 minutes. Optional: soften in microwave for 5 minutes before placing in oven for 30 minutes.

Quick Tips

- Serve pumpkin as a hearty side dish.
- Add pumpkin to a soup or casserole.

RECIPES

Pumpkin with Pasta and Basil

Ingredients:

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| 2 tbsps oil | 1 cup chicken broth |
| 1 lb ground turkey breast | 1/2 tbsp fresh basil (or 1/2 tsp dried basil) |
| 4 garlic cloves, minced | 1/8 tsp cinnamon |
| 1 medium onion, chopped | 1/2 tsp nutmeg (optional) |
| 1 tb penne pasta (or other whole wheat pasta noodles), cooked | |

Directions:

1. Prepare pumpkin in one of the methods under the Tips Section above. Once pumpkin is removed from its skin, puree pumpkin to a smooth mixture.
2. Heat a large skillet over medium high heat. Add 1 tbsp oil and add the ground turkey. Once cooked all the way through, transfer the turkey to a plate lined with paper towel to soak up grease.
3. Add the remaining oil and add garlic and onion to the skillet. Sauté for 3-5 minutes, or until the onions are tender.
4. Add stock and pumpkin and stir to combine. Return turkey, reduce heat, and stir in cream.
5. Season the sauce with cinnamon and nutmeg, and salt and pepper to taste. Simmer mixture 5-10 minutes to thicken sauce.
6. Add the cooked pasta to the pot it was cooked in. Pour the pumpkin sauce over the pasta and toss to evenly distribute.

Pumpkin Cake!

Ingredients:

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| 3 cups oats | 3 eggs |
| 1/2 cup sugar | 1/4 cup syrup/brown sugar |
| 1/2 oil | 3/4 tsp salt |
| 2 tbsp pumpkin pie spice (nutmeg, cinnamon, all spice, ginger) | 1 tbsp vanilla extract |
| 1 cup pumpkin puree (follow directions above, and puree the mixture) | 2 tsp baking powder |

Directions:

1. Preheat oven to 375. Grease an 8 or 9 inch bread pan with oil.
2. Add oats to blender until the oats are finely ground. Add all the remaining ingredients to the blender, until it is a smooth batter. Scrape blender periodically.
3. Pour batter in the pan. Bake for 45-50 minutes, until a toothpick or fork comes out clean after poking the bread.
4. Allow to cool in the pan until room temperature. Run a knife around the edges to loosen from pan. Slice into thick pieces and serve.



MAKE IT A MEAL: RECIPES

<https://youtu.be/xr173z2o-5U>



Pumpkin Pie from Scratch

Ingredients:

1 medium sugar pumpkin	2 tbsp molasses
1 tsp oil	2 tbsp canola oil
2 cups whole wheat flour	1 tbsp cinnamon
1/4 tsp salt	1 tsp ground ginger
2/3 cup (11 tbsp) cold unsalted butter, cut into 1/2 in pieces	3 eggs
1 (14oz) can sweetened condensed milk	2 tbsp cornstarch
1/2 cup whipping cream	

Directions:

1. **For Pumpkin**—preheat oven to 375F.
2. Remove stem from the pumpkin by cutting a whole on the top, and scrape out the seeds on the inside of the pumpkin (either discard, or save them and roast for a healthy crunchy snack!). Cut the pumpkin in half. Place the pieces open side down on a baking sheet. Rub oil on the skin of the pumpkin and bake for 1 hour or fork tender.
3. **For Pie Crust**— In a large bowl, mix flour and salt. Add the butter and integrate the butter into the flour mixture until the mixture is crumbly. Stir in enough cold water (about 4 –5 tbsps, one at a time) with a fork until the flour is lightly moisturized. Divide dough in half, shape each half into a ball and flatten slightly. Wrap one ball in plastic wrap and refrigerate for a future use of pie crust.
4. Roll out the remaining dough on a lightly floured surface to avoid sticking to the surface. Roll it so it is 12 inches wide. Transfer to a 9in pie dish. Fold the overhands under and crimp the edge of the rim. Pierce dough all over with a fork. Chill in refrigerator for 15 minutes.
5. Line crust with foil, and set heavy objects such as 2 cans and place in the oven for 12 minute. Remove foil and weight. Reduce oven heat to 350F.
6. **For Filling**— Puree roasted pumpkin without the skin in a food processor until smooth. Add the condensed milk, cream/milk, cornstarch, ginger, salt and eggs. Combine thoroughly.
7. Pour the filling into the crust and bake until the filling is set, about 1 hour. Cool on a cooking rack for 30 minutes before serving.

Collard Greens and Spicy Pumpkin

Ingredients:

2 sugar pumpkins	1 lbs frozen and chopped collard greens, thawed
4 tbsp butter	Salt to taste
1 onion, diced	1 cup evaporated milk
1 tomato, diced	Pinch of nutmeg
1 hot pepper (optional)	4 tbsp panko/bread crumbs
2 garlic cloves (or 3/4 tsp garlic powder)	1 1/2 cups white shredded cheddar cheese
2 tbsp parmesan cheese	

Directions:

1. Preheat oven to 375F.
2. Remove stem from the pumpkin by cutting a whole on the top, and scrape out the seeds on the inside of the pumpkin (either discard, or save them and roast for a healthy crunchy snack!).
3. Melt 2 tbsp of butter in a large skillet over medium heat. Add the onion, tomato, hot pepper, and garlic and cook, stirring until the onion is tender, about 5 minutes. Stir in the collard greens, and add salt and pepper to taste. Stir until the greens are tender, about 15 minutes.
4. Stir in the evaporated milk and nutmeg and bring to a gentle boil. Stir in 2 tbsp of panko/breadcrumbs, the cheddar cheese and 2 tbsp of butter and cook, stirring until the cheese is melted and the mixture thickens, about 2 minutes.
5. Put the pumpkins in a 9x 13 inch baking dish and fill evenly with the collard green mixture.
6. Toss the remaining panko/breadcrumbs with parmesan. Sprinkle over the filling. Add 1 inch of boiling water to the baking dish surrounding the pumpkin. Cover with foil and bake until pumpkin is tender, about 1 hour. Remove foil and bake until browned and bubbling on top, about 30 more minutes.
7. Let cool for about 5 minutes. Scrape the pumpkin flesh from the sides of the pumpkin and serve with the collards.