

Pumpkins

Pumpkins are not new to this country. The Native Americans were growing them extensively when the first colonists landed. In New England, it is said that the first pumpkin pie was made by cutting a slice off from the top of the pumpkin, taking out the

seeds, and filling the cavity with milk and spices.

Pumpkins bring to mind two holidays—Halloween and Thanksgiving. But there is more to pumpkin than Jack-O-Lanterns and pumpkin pie. Did you know that pumpkin is actually a fruit? Pumpkin is a



member of the gourd family, along with melons and squash.

Pumpkin Pudding

Makes 6 servings

Ingredients:

- 2 cups cooked pumpkin, puréed
- 1 1/3 cups vanilla nonfat yogurt or mashed silken tofu
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves



Directions:

1. Combine all ingredients; stir well.
2. Refrigerate until ready to eat.

Source: Adapted from "Healthy Foods for Healthy Kids" by Bridget Swinney, M.S., R.D., Meadowbrook Press, 1999.

Nutrition Facts

Serving Size 1 Serving (149g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 30g **10%**

Dietary Fiber 0g **0%**

Sugars 27g

Protein 3g

Vitamin A 8% • Vitamin C 6%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Pumpkins can be stored for months if kept in a cool, dry place.
- In addition to preparing pumpkin in more traditional ways, pumpkin can be steamed, boiled, baked, or sautéed.

Pumpkin Bread

Makes 10 servings

Ingredients:

- 1/2 cup sugar
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 3/4 cup pumpkin, cooked and puréed or mashed
- 2 eggs
- 1 1/2 cups flour (try using half whole-wheat flour and half white flour!)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup raisins (optional)

Directions:

1. Preheat oven to 350 degrees F.
2. Oil a loaf pan.
3. In a large bowl, stir together the sugar, oil, pumpkin, and eggs.
4. In a medium bowl, stir together the flour, baking powder, baking soda, and cinnamon.
5. Fold flour mixture into the pumpkin mixture just enough to moisten the dry ingredients.
6. Stir in the raisins.
7. Pour the batter into the oiled loaf pan.
8. Bake for 1 hour or until toothpick inserted in the center comes out clean.

Source: "Healthy Vermonters 2000," Vermont Department of Health



Nutrition Facts

Serving Size 1 Serving (76g)
Servings Per Container 10

Amount Per Serving

Calories 200 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 1g **5 %**

Cholesterol 45mg **15 %**

Sodium 190mg **8 %**

Total Carbohydrate 31g **10 %**

Dietary Fiber 1g **4 %**

Sugars 15g

Protein 3g

Vitamin A 4% • Vitamin C 2%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.