



A cooking and nutrition Fact Sheet

August 2010

Pumpkin!

BUYING TIPS

Choose well shaped pumpkins that are firm and slightly heavy. It should have tough skin without any wrinkles or blemishes.

COOKING A PUMPKIN

1. Preheat oven to 375°F.
2. Wash off dirt with cool water. Remove stem; cut in half crosswise. Remove seeds and pulp. Save seeds to roast or to plant in your garden!
3. Place pumpkin halves in pan, cut side down.
4. Bake for one hour or more, depending upon the size of the pumpkin. Pumpkin is done when it is tender and begins to fall apart.
5. Scrape cooked pumpkin out of shell.

Nutrition Facts

Pumpkin is packed with vitamins A, C and fiber. It has no fat, sodium or cholesterol.

Roasted Pumpkin Seeds

2 to 3 cups pumpkin seeds
1 Tablespoon vegetable oil
½ teaspoon salt (optional)

1. Preheat oven to 350°F.
2. Wash pumpkin seeds in cold water to remove fibers. Blot dry with paper towels.
3. Toss seeds with oil and salt. Spread in a single layer on cookie sheet.
4. Roast for 15 to 20 minutes until dry and golden brown.

Dinner in a Pumpkin

Yield: 6 servings

1- 3 to 4 pound pumpkin
1 onion, chopped
2 Tablespoons vegetable oil
1½ to 2 pounds ground beef
2 Tablespoons soy sauce
2 Tablespoons brown sugar
1- 4 ounce can mushrooms, drained
1- 10.75 ounce can cream of chicken soup
1½ cups cooked rice
1- 8 ounce can sliced water chestnuts, drained

1. Cut off top of pumpkin and thoroughly clean out seeds and pulp. Paint an appropriate face on front of pumpkin with a permanent marking pen or acrylic paint.
2. Preheat oven to 350°F.
3. In a large skillet, sauté onions in oil until tender. Add meat and brown. Drain drippings from skillet.
4. Add soy sauce, brown sugar, mushrooms and soup. Simmer 10 minutes stirring occasionally. Add cooked rice and water chestnuts.
5. Spoon mixture into cleaned pumpkin shell. Replace pumpkin top and place entire pumpkin, with filling, on baking sheet.
6. Bake 1 hour or until inside meat of pumpkin is tender.
7. Put pumpkin on a plate. Remove pumpkin lid and serve meat. Scoop out cooked pumpkin and serve.

Pumpkin Pancakes

Yield: 16 pancakes

- 1 egg, slightly beaten
- 1½ cups milk
- ½ cup pumpkin
- 2 Tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tablespoons packed brown sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger

1. Preheat griddle or frying pan over medium heat.
2. In large bowl, beat together eggs, milk, pumpkin and oil.
3. Add flours, sugar, baking powder, salt and spices; mix until moistened. (Batter will be thick.)
4. For each pancake, pour ¼ cup batter onto hot griddle. Use a spatula to spread batter into 4 inch circle before mixture sets.
5. Cook until surface bubbles and appears dry. Turn; continue cooking 2 to 3 minutes.
6. Serve with butter and syrup.

Crustless Pumpkin Pie

Yield: 1 pie

- 1 cup pumpkin
- ¼ cup brown sugar
- ½ cup evaporated skim milk
- 2 eggs
- 1½ teaspoons pumpkin pie spice

1. Preheat oven to 350°F.
2. Spray pie pan with non-stick vegetable spray.
3. Mix all ingredients together in a bowl; pour into pie pan.
4. Bake for 45 to 55 minutes or until a knife inserted in center of pie comes out clean.

Pumpkin Bread

Yield: 2 loaves

- 1¾ cups all-purpose flour
- ¼ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- 2 eggs
- 1¼ cups sugar
- ⅓ cup vegetable oil
- ⅓ cup water
- 1 cup mashed pumpkin
- ½ cup nuts (optional)

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☆Tip: Substitute
2 teaspoons
pumpkin pie spice
for the cloves,
nutmeg, allspice,
and cinnamon.
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1. Preheat oven to 350°F. Lightly grease and flour 2 loaf pans.
2. In a bowl combine flour, baking powder, baking soda, salt and spices.
3. In a medium bowl, beat eggs. Stir in sugar, oil, water, and pumpkin until evenly mixed.
4. Gradually add dry ingredients to wet ingredients. Stir until evenly mixed.
5. Bake for approximately 1 hour. To test loaves for doneness, insert a clean toothpick into center of loaf. If toothpick comes out clean, loaves are done.

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