



Special
Edition!

Be a...

**PUMPKIN
EATER!**



Fall recipes made with fresh
and canned pumpkin!

It's almost time for the Great Pumpkin to make his annual debut; however, many smaller, less renowned pumpkins have already made their appearance. These would probably make just as fine eating pumpkins as they would legends. So, for all of us who feel guilty tossing out the left over Jack O'Laterns, read on.



COOKING FRESH PUMPKIN

Wash pumpkin and cut in half; scrape out seeds and fibers. Cut in cubes and peel. Cover with water and cook in boiling water until tender. Drain. You may serve it as a buttered cooked vegetable by seasoning the cubes with salt, pepper, herbs or spices. Or, mash pumpkin in blender or electric mixer and season like squash. Fresh cooked pumpkin can be used in any recipe calling for fresh or canned pumpkin. It may also be frozen. One five-pound pumpkin yields about 6 1/2 cups.

To cook in oven, place skin side up on a rack in baking pan and bake at 350 degrees for about 40 minutes or until tender. Remove from oven and scoop pumpkin pulp out with spoon. Puree pulp; cool and refrigerate or freeze. To freeze, leave 1 1/2-inch space at top of container.

PUMPKIN SOUP

- 2 Pumpkins (3-pound or larger, one for bowl, one for meat)
- 4 slices of uncooked bacon, diced
- 1 cup chopped onion
- 1 clove garlic, minced
- 2 1-pound cans of whole or diced tomatoes
- 7 cups chicken broth
- 4 cups peeled, diced pumpkin meat
- 2 bay leaves
- 1/2 tsp ground sage
- 1 tsp salt
- 1/8 tsp pepper
- 2 10-ounce packages of frozen corn
- chopped parsley
- 1 package pumpkin seeds, optional



Cut a round “lid” from the top of a pumpkin. Scoop out seeds and fiber. Leave meat in. Rub inside with butter and salt. Replace “lid.”

Cook bacon until crisp in a large saucepan. Drain all but 2 tbsp of the fat and saute onion and garlic in that fat until golden and soft. Stir in tomatoes with their liquid, chicken broth, diced pumpkin, bay leaves, sage, salt and pepper. Cover; bring to a boil. Reduce heat and simmer, covered for 1/2 hour or until the pumpkin meat is tender. Add corn and cook 5 more minutes. Remove bay leaves. Refrigerate soup until needed. Can also be stored in the freezer.

Pumpkin Bowl

Put the pumpkin shell serving dish without it’s lid in a shallow baking dish in a 350-degree oven 15 minutes before serving. Transfer the hot pumpkin shell to a serving platter and ladle soup into shell. Float parsley on top. Provide pumpkin seeds for garnish, if desired. Makes 8 servings.

Calories - 188, Fat - 2.5g, Saturated Fat - <1g, Cholesterol - 2mg, Sodium - 932mg, Carbohydrates - 39.5g, Dietary Fiber - 4.9g, Sugar - 14.7g Protein - 8.4g

GREAT PUMPKIN MEATLOAF

- 1 Pumpkin, 6 or 7 inches in diameter
- 3 tbsp mustard
- 2 tbsp brown sugar
- 1 egg
- 1 tbsp worcestershire sauce
- 1/2 tsp salt
- 1 1/2 pounds ground beef
- 1/2 cup fine dry bread crumbs
- salt and pepper

Cut top of pumpkin and remove seeds. Cut a zigzag edge along top. Place pumpkin in baking pan; add about 1 inch of hot water into pan. Cover pumpkin and pan with foil. Bake at 400 degrees for about 45 minutes until almost tender. Pour off water. Season inside of pumpkin with salt and pepper; spread with about 1 tbsp mustard and sprinkle with brown sugar to accentuate the flavor of the pumpkin.

Combine egg, mustard, worcestershire sauce, 1/2 tsp salt, ground beef and bread crumbs; mix well. Spoon into pumpkin shell, packing down lightly. Return to oven and bake uncovered 45 to 60 minutes until pumpkin is tender and meatloaf is cooked. Cut into wedges - both meat and pumpkin - serve. Makes 6 servings.

Per Serving: Calories - 341, Fat - 14.6g, Saturated Fat - 5.4g, Cholesterol - 130mg, Sodium - 264mg, Carbohydrates - 16.7g, Dietary Fiber - 1g, Sugars - 6.2g, Protein - 12g

PUMPKIN DELIGHTS (PANCAKES)

1 cup all-purpose flour	1 egg, beaten
3 tbsp sugar	1 cup milk
1 tbsp baking powder	1/2 cup canned pumpkin
1/2 tsp salt	2 tbsp vegetable oil
1/2 tsp ground cinnamon	Vegetable oil for pan
1/2 tsp ground cloves	1 cup whipped topping
1/2 tsp ground nutmeg	Syrup

In a medium bowl, mix flour, sugar, baking powder, salt, cinnamon, cloves and nutmeg. In a small bowl, combine egg, milk, pumpkin and 2 tbsp oil. Add flour to mixture. Stir until moistened.

Brush preheated pancake griddle with oil. Using 1/4 cup batter for each pancakes, cook on grill until underside is golden brown and the surface is bubbly, about 1 1/2 minutes. Turn and cook until other side is golden brown, about 1 1/2 minutes more. Top with syrup and/or whipped topping. Makes 10 pancakes, 2 pancakes = 1 serving



Per Serving without syrup or whipped topping: Calories - 104, Fat - 3.4g, Saturated Fat - <1g, Cholesterol - 22mg, Sodium - 22mg, Carbohydrates - 15.9g, Sugars - 4.5g, Protein - 2.9g



GIFT SIZE PUMPKIN NUT BREADS

2 cups sifted flour	1 cup canned pumpkin
1 tsp baking powder	1 cup sugar
1/2 tsp baking soda	1/2 cup milk
1 tsp salt	2 eggs
1 tsp cinnamon	1/4 cup margarine, softened
1/2 tsp nutmeg	1 cup chopped walnuts

Preheat oven to 350 degrees. Sift first six ingredients together. Combine pumpkin, sugar, milk and eggs in a bowl. Add dry ingredients and margarine, mixing only until flour is moistened. Stir in nuts. Divide evenly in two well greased 7 1/2 by 3 3/4 by 2 1/4 inch loaf pans. Bake 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes, remove from pans. Makes 16 one-slice servings.

Per Serving: Calories - 187, Fat - 8g, Saturated Fat - 1.5g, Cholesterol - 26mg, Sodium - 25mg, Carbohydrates - 26.4g, Dietary Fiber - 1.5g, Sugars - 13.7g, Protein - 3.8g



PUMPKIN SPICE COOKIES

1/2 cup shortening	2 1/2 tsp cinnamon
1 cup sugar	1/2 tsp nutmeg
2 eggs, beaten	1/4 tsp ginger
1 cup pumpkin	1 cup raisins or chocolate chips
2 cups sifted flour	1 cup chopped nuts
1 tsp baking powder	Lemon Frosting
1 tsp salt	

Preheat oven to 350 degrees. Cream shortening; gradually beat in sugar. Add eggs and pumpkin, mix well. Sift flour, baking powder, salt and spices together. Add to the pumpkin mixture; mix well. Add raisins, nuts. Drop by heaping teaspoon onto greased baking sheets. Bake about 15 minutes or until firm to the touch. Remove to cool on rack. Makes four dozen.

Lemon Frosting

Combine two cups powdered sugar, 1 tbsp lemon juice and 1 tbsp grated lemon rind. Add just enough cream or milk for spreading consistency.

Serving Size - 2 Cookies without Frosting, Raisins or Chocolate Chips: Calories - 113, Fat - 4.5g, Saturated Fat - 1.1g, Cholesterol - 18mg, Sodium - 6mg, Carbohydrates - 16.9g, Dietary Fiber - <1g, Sugars - 9g, Protein - 1.7g

PUMPKIN ICE CREAM

1 quart regular vanilla ice cream
1 cup canned pumpkin
1/4 tsp pumpkin spice



Soften ice cream. Stir in pumpkin and pumpkin pie spice; freeze.
Makes 1 quart or 6 one-half cup servings.

Freeze in a baked pie shell or graham cracker pie shell for a frozen pie.

Per Serving: Calories - 209, Fat - 10.5g, Saturated Fat - 6.5g, Cholesterol - 42mg, Sodium - 76mg, Carbohydrates - 2.5g, Dietary Fiber - 2.9g, Sugars - 21.6g, Protein - 3.7g

PUMPKIN SEEDS

To make a healthy snack, save the seeds as you clean your pumpkin. Wash thoroughly and boil in salted water about 5 minutes. Dry and place on a cookie sheet. Sprinkle salt over seeds (or add garlic salt, or a seasoned salt if desired). Continue the drying process in a slow oven (175 to 200 degrees) for four to six hours until dry through. These seeds may be eaten shells and all or you may prefer to remove the shells and eat only the meat.



1 Cup Serving without Salt: Calories - 285, Fat - 12g, Saturated Fat - 2g, Sodium - 12mg, Carbohydrates - 34g, Protein - 12g

Traditional recipes adapted from my mother,
Becky Harris, who always made the holidays in
our family special and memorable.

- Tanya Harris - Graphic Design Specialist, PTE



Idaho State Employee Wellness
Idaho Division of Professional-Technical Education
Len B. Jordan Building
650 West State Street
Phone: (208) 334-3216
FAX: (208) 334-2365