

Pumpkin

Vegetable Subgroup: Red/Orange

1 lb whole = 4.7-1/4 cup servings cooked, mashed

Peak Season: October

Good for more than festive fall décor or spooky Jack O'Lanterns, pumpkins are a nutritious, delicious, and versatile food. Grown extensively by Native American tribes and later adopted by the colonists, this bright veggie is still a great and healthy addition to your plate.

Preparation

Boiling/Steaming: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water. The water does not need to cover the pumpkin pieces. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

Baking: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down on a large cookie sheet. Bake at 350°F for one hour or until fork tender.

Once cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree.

Cooking

Use this puree in recipes or substitute in the same amount in any recipe calling for solid pack canned pumpkin.

Storage

Pumpkin puree freezes well. To freeze, measure cooled puree into one cup portions, place in ridged freezer containers, leaving 1/2-inch headspace or pack into zip closure bags. Label, date and freeze at 0°F for up to one year.



Nutrition Facts

Serving Size 3/4 cup (87g)
Servings Per Container

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Sugars 1g

Protein 1g

Vitamin A 130% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pumpkin Trivia

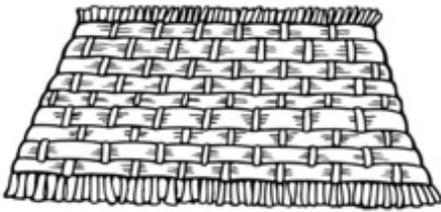
Pumpkins range in size from less than a pound to over 1,000 pounds. The largest pumpkin ever grown weighed 1,140 pounds.



The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to



The self-proclaimed "Pumpkin Capital of the World" is Morton, Illinois where Libby has its pumpkin plant.



Native Americans dried strips of pumpkin

and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them.

The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.



Over the years, pumpkins have been promoted as medical remedies for everything from removing freckles to curing snakebites. Native Americans valued the seeds for medical treatments and today we know this vegetable helps protect men against prostate cancer.



Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in



Perfect Pumpkin Pancakes

Kansas Family Nutrition Program, Kids a Cookin'

2 cups	flour	1	egg
2 tablespoons	brown sugar	1/2 cup	pumpkin (canned)
1 tablespoon	baking powder	1 3/4 cup	milk, lowfat
1 1/4 teaspoon	pumpkin pie spice	2 tablespoons	vegetable oil
1 teaspoon	salt		

Nutrition Facts	
Serving Size 1 pancake, 1/12 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 340mg	14%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 35%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Roasted Pumpkin Seeds

- 1 quart water
- 2 Tablespoons salt
- 2 cups pumpkin seeds
- 1 Tablespoon vegetable oil or melted, unsalted butter



1. Preheat oven to 250°F.
2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
4. Place the seeds in a bowl and toss with oil or melted butter.
5. Spread evenly on a large cookie sheet or roasting pan.
6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Yield 2 cups