



Give Them More  
of the  
Good Stuff!

# Pumpkin Basics

## Canned Pumpkin

- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.



*Pumpkin is a very good source of vitamins A and C, potassium and fiber.*



Winter Luxury



Baby Boo



Jack Be Little



Fairytale



New England Pie

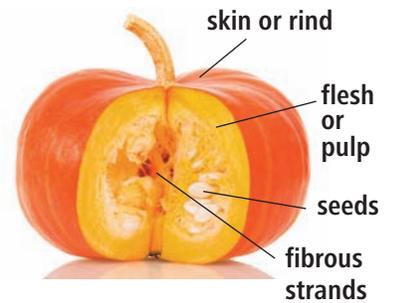


Baby Pam

## Shop and Save

- ☀ Pumpkins are a type of winter squash available in October and November.
- ☀ Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- ☀ Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- ☀ Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- ☀ Seeds can be dried and saved for growing pumpkins next year.

## The Parts of a Pumpkin



## Store Well Waste Less



- Store whole pumpkins in a cool, dark and dry place for up to 3 months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.

- Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.
- Roast the seeds from any type of pumpkin.

Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.



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# Enjoy Pumpkin

## Pumpkin Breakfast Cookies

### Ingredients:

- 1 can (15 ounces) **pumpkin** (1¾ cup)
- 1 cup packed **brown sugar**
- 2 eggs**
- ½ cup **vegetable oil**
- 1½ cups **all-purpose flour**
- 1¼ cups **whole-wheat flour**
- 1 Tablespoon **baking powder**
- 2 teaspoons **cinnamon**
- 1 teaspoon **nutmeg**
- ¼ teaspoon **ground ginger**
- ½ teaspoon **salt**
- 1 cup **raisins** or other dried fruit
- 1 cup chopped **nuts**, any type

### Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
3. In another bowl, stir the flours, baking powder, cinnamon, nutmeg, ground ginger and salt together. Add to the pumpkin mixture and mix well.
4. Stir in raisins and nuts.
5. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
6. Gently flatten each cookie with the back of a spoon.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.

**Makes** 48 cookies

**Prep time:** 20 minutes

**Cook Time:** 10 to 12 minutes per baking sheet



Visit [FoodHero.org](http://FoodHero.org) for easy, tasty recipes using pumpkin.

## Turkey Pumpkin Chili

### Ingredients:

- 1 teaspoon **vegetable oil**
- 1 pound **ground turkey** (15% fat)
- ⅔ cup chopped **onion**
- ½ cup chopped **green pepper**
- 2 cloves **garlic**, minced
- 1 can (15 ounces) **kidney beans**, drained and rinsed
- 1 can (15 ounces) **white beans**, drained and rinsed
- 1 can (15 ounces) **pumpkin** (1¾ cup)
- 1 can (15 ounces) diced **tomatoes**
- 2 cups low-sodium **broth**
- 2 Tablespoons packed **brown sugar**
- 1 package (1.25 ounces) **taco seasoning**

### Directions:

1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
3. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

**Makes** 10 cups

**Prep time:** 15 minutes

**Cook Time:** 1½ hours



When kids help make healthy food, they are more likely to try it. Show kids how to:

- gather ingredients and tools for cooking.
- measure and mix ingredients.
- drop cookies on greased baking sheet and flatten before baking.