

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is... Pumpkin

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

**Produce of the Week**



What fruit can grow to over 1,000 pounds?

## **PUMPKIN!**

- For best results, choose a 'pie' pumpkin or 'sweet' pumpkin for cooking
- Select pumpkins with no blemishes or soft spots
- Plan for 1 pound of raw pumpkin for each cup of cooked puree
- Although 90% of processed pumpkins in the U.S. are grown in Illinois, the Connecticut field pumpkin is the 'traditional' pumpkin
- Pumpkin is a *fruit!*

## **Nutrition Facts:**

- ⇒ Pumpkin is a good source of vitamin E
- ⇒ It is a VERY good source of vitamins A, C & fiber
- ⇒ Pumpkin is 90% water
- ⇒ A serving size is 1 cup mashed, which contains about 50 calories

## **Did you know?**

- ◇ You can find local pumpkins at your town's farmer's market!
- ◇ Use pumpkin in soups, breads, and pies, or roast the seeds for a snack

## **Count it out!**

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

# Try these delicious, nutritious and healthy recipes!

## Creamy Pumpkin Soup

### INGREDIENTS

2 cups finely chopped onions	2 green onions, sliced thinly, tops included
1/2 cup finely chopped celery	1 green chili pepper, chopped
2 T canola or vegetable oil	3 (14-1/2 oz) cans chicken broth (6 cups)
2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin	1 bay leaf
1-1/2 teaspoons ground cumin	1 cup undiluted, evaporated skim milk

### DIRECTIONS

1. In a large saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent.
2. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.
3. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil.

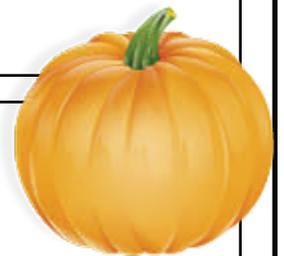
## Pumpkin Pudding

### INGREDIENTS

4 eggs	1 one-pound can of pumpkin
1/2 cup light molasses	1 teaspoon cinnamon
1/2 teaspoon ginger	1 cup milk

### DIRECTIONS

1. Break the eggs into a large bowl, and beat with a fork until light yellow.
2. Add the pumpkin, cinnamon, ginger, molasses, and milk. Stir well.
3. Pour mixture into a greased casserole dish. Bake at 350° for 1 hour or until the pudding is firm in the middle.
4. Refrigerate any leftovers.



Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**