

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

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 2



Day 4



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.

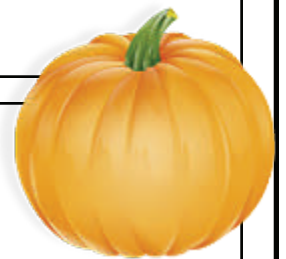
Pumpkin Pudding

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 & 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!