

PUMPKIN

Types

Pie or Sugar: These types are for cooking.

Naked-seeded: These types are grown for their large, hull-less seeds that are often roasted.

Selection Info

Look for pumpkins that are deep orange and heavy for their size.

Avoid pumpkins that are soft, cut, or bruised.

Preparation

Pumpkins are always used cooked and the peel is not eaten. Pumpkin flesh is quite hard and can be tricky to cut safely. One way around this difficulty is to bake the pumpkin whole on a baking sheet until it is soft and easier to cut. To do this, prick holes in the pumpkin first and bake at 350°F for about 1 hour.

Once soft, allow the pumpkin to cool, cut it in half, remove the seeds and stringy pith with a spoon, then scoop the orange or yellow flesh from the

skin. This cooked flesh can be used whenever pumpkin puree is called for: pumpkin pie, pumpkin soup, pumpkin bread.

Bake: Cut pumpkin into desired pieces face down in baking dish in preheated 350°F oven for 1 to 2 hours or until tender. Let cool, then scrape out the flesh.

Seeds: Remove seeds from the pumpkin. Clean with water and boil in salt water for about 10 minutes. One quart of water and two tablespoons of salt to every two cups of seeds. Drain the seeds and lightly dry with a paper towel. Heat oven to 325°F. Spread seeds on a baking sheet, drizzle with 1-2 tablespoons of olive oil, and sprinkle with salt to taste. Roast seeds for about 10 minutes.

Storage

Short-Term Storage: Pumpkins can be kept at room temperature for a few months. There is no need to refrigerate them, but they will keep longer in a slightly cooler location.

Long-Term Storage: Pumpkin can be canned or frozen.



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SWEET POTATO PUMPKIN SOUP

Ingredients

- 1 teaspoon vegetable oil
- 1 cup onion (chopped)
- 1 teaspoon ginger (ground)
- 1/2 teaspoon curry powder
- 1/4 teaspoon cumin (ground)
- 1/4 teaspoon nutmeg (ground)
- 2 cloves garlic (minced) or 1/2
teaspoon garlic powder
- 2 cups sweet potato (peeled and
cubed)
- 2 cups low-sodium, fat-free chicken
broth or vegetable broth (see quick
tips)
- 1 1/2 cups water
- 1 15-ounce can pumpkin
- 1 cup nonfat or 1% milk
- 3 tablespoons reduced fat sour cream

Directions

1. Heat oil in large pot over medium-high heat.
2. Add onion and sauté for 3 minutes.
3. Add ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute.
4. Stir in the sweet potato, broth, water, and pumpkin and bring to a boil. Reduce heat and simmer until the sweet potato is soft (15 to 20 minutes), stirring constantly.
5. Stir in the milk until heated through (don't boil).
6. Ladle into bowls and top with 1/2 tablespoon low-fat sour cream.
7. Refrigerate leftovers within 2 hours.



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Nutrition Information

Serving Size 1 cup

Nutrients Amount

Total Calories	90
Protein	4g
Carbohydrates	16g
Dietary Fiber	4g
Total Fat	2.5g
Saturated Fat	1g
Cholesterol	5mg
Sodium	60mg