

Pumpkin



HOW DOES IT TASTE?

Pumpkin has a slightly sweet, earthy flavor. It can be used in both sweet and savory dishes. Cooked pumpkin has a soft, creamy texture.

HOW DO I PICK IT?

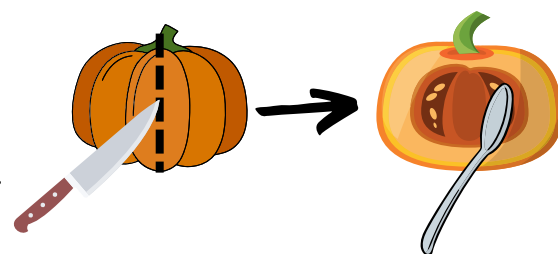
Choose a pumpkin that has a uniform orange color. Make sure there are no signs of mold or soft spots, and that the stem is still attached.

HOW DO I STORE IT?

Store pumpkins in a cool, dark place such as a cabinet or pantry.

HOW DO I PREPARE IT?

1. Wash and scrub the pumpkin with water to remove any dirt.
2. Cut the pumpkin in half from the stem ends and scoop out the insides.
3. Roast or boil until soft, then add to recipe.



Eat pumpkin **roasted**, add to soups, **bake** into breads or muffins, or make into dip to serve with fruit.

Pumpkin dip

Ingredients

- 1 small pie pumpkin (makes about 2 cups cooked, mashed pumpkin)
- 1 (8 ounce) package light cream cheese
- 1 cup low-fat plain yogurt
- ½ cup confectioners sugar
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 2 apples, sliced

Directions

1. Preheat oven to 400 F.
2. Cut pumpkin from stem to stem end and pull it apart. Scoop out the seeds. Lay the pumpkin cut side down and roast for 45-60 minutes or until soft.
3. Remove from oven and cool. Scoop the insides out and mash or puree until smooth.
4. Beat cream cheese, yogurt, and pumpkin in a large bowl until smooth.
5. Add sugar, cinnamon, and ginger. Mix well.
6. Cover and refrigerate for 1 hour.
7. Serve with apple slices.

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KITCHEN TIP!

You can save the seeds from the pumpkin to create an easy snack. Simply wash the seeds, sprinkle with oil and salt, and roast until lightly browned.