

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

October 2008

Celebrate Pumpkins in Illinois

- Illinois grows more pumpkins than any other state in the USA.
- Pumpkins come in different sizes and colors.
- The smaller varieties (6-8 inches wide) of pumpkins are best for cooking.
- Roasted pumpkin seeds are fun to make and taste good. (Ask for recipe on how to roast pumpkin seeds.)
- Canned pumpkin is an easy way to add orange vegetables to your meals.



Pumpkin Treats Makes 36 cookies

1/3 cup vegetable oil	1 1/4 cups whole wheat flour
1 1/3 cups packed brown sugar	4 tsp. baking powder
2 eggs	1 tsp. salt
1 cup canned pumpkin	2 tsp. cinnamon
1 tsp. vanilla extract	1 cup raisins
1 1/4 cups all-purpose flour	

1. Preheat oven to 400 degrees.
2. In a large mixing bowl stir oil and sugar until well blended. Add eggs and stir.
3. Continue stirring while adding pumpkin and then vanilla.
4. In another bowl mix flours, baking powder, salt, and cinnamon together. Slowly add to pumpkin batter. Stir until well blended.
5. Stir in raisins.
6. Drop batter by spoonful onto lightly greased baking sheet.
7. Bake until lightly browned, 15 to 18 minutes. Cool cookies on wire rack.
8. Store cookies in sealed container in the refrigerator.

NUTRITION FACTS (per cookie) – Calories 100; fat 2.5 g; calories from fat 20; sodium 135 mg; total carbohydrate 18 g; fiber 1 g

Pumpkin Pudding Serves 10

1 large package instant vanilla pudding mix 1/2 teaspoon ground cinnamon
1 can (12-ounce) evaporated milk 1/2 teaspoon vanilla extract
1 can (15-ounce) pumpkin Non-dairy whipped topping

1. Prepare pudding according to package directions except substitute evaporated milk for regular milk.
2. Chill pudding until it thickens, about 15 minutes.
3. Add pumpkin, cinnamon, and vanilla to pudding and stir until well blended.
4. Chill and store in refrigerator until ready to serve.
5. Top with whipped topping before serving.

NUTRITION FACTS (per serving) – Calories 130; fat 3 g; calories from fat 20; sodium 320 mg; total carbohydrate 25 g; fiber 2 g

Cooking with Canned Pumpkin

**One 15-ounce can of pumpkin equals 1 3/4 cups of pumpkin puree.
Pure pumpkin, solid pack pumpkin and pumpkin puree are all the same.**

- Add to chili, spaghetti sauce, soups, and stews. Slowly add small amounts of canned pumpkin to thicken dishes.
- Make a pumpkin smoothie with chilled canned pumpkin, vanilla yogurt, milk, and cinnamon.
- Blend pumpkin with applesauce or puddings.
- Add pumpkin to hot oatmeal.



STORING LEFTOVER CANNED PUMPKIN

Remove leftover pumpkin from can and store in a sealed plastic or glass food storage container for...

- ❖ 1 week in the refrigerator.
- ❖ 3 months in the freezer.



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