

A simple guide to

PUMPKINS

Cooking pumpkins are usually smaller & denser than decorative pumpkins.



Sugar/Pie



Peanut



Fairytale



Cinderella

In Season



How to Bake

Step 1



Preheat oven to 400°F. Using a large knife, cut a circle around the stem & remove.

Step 2



Cut pumpkin in half & use a spoon to scoop out seeds.

Step 3



Cover the bottom of a large baking sheet with a 1/2 inch of water. Place face down on a baking sheet. Bake 30-45 minutes or until the shell is hard & pumpkin is fork-tender.

Step 4



Spoon out the cooked pumpkin into a bowl & smash with a fork. Now use in your favorite pumpkin recipe.



Tip

If shell is too hard, use a rubber mallet to help cut the pumpkin or wrap pumpkin in a wet paper towel and microwave.

PUMPKIN MAC & CHEESE

Ingredients:

- 2 cups uncooked whole-wheat elbow macaroni
- 1 (15 oz) can pumpkin puree
- 1 cup low-fat 1% milk
- 1/4 tsp pepper
- Dash ground nutmeg
- 1 1/2 cups shredded sharp cheddar cheese
- 3/4 cup grated parmesan cheese
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup panko breadcrumbs

Preparation:

1. Preheat oven to 400°F. Cook pasta in a large saucepan according to package directions. Drain pasta & return to saucepan.
2. Add pumpkin, milk, pepper & nutmeg to saucepan. Heat over low until heated through. Stir in cheeses until melted.
3. Remove from heat & cool slightly. Slowly add in yogurt to avoid curdling.
4. Lightly coat a square baking dish with cooking spray. Add pasta mix & top with breadcrumbs.
5. Bake, uncovered 15-20 minutes, or until golden brown.

45 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(213g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 57g	24%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 341mg	25%
Iron 3mg	15%
Potassium 218mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.

1 for 1 certified

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