A simple guide to

PUMPKINS

Cooking pumpkins are usually smaller & denser than decorative pumpkins.



How to Bake

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Step 1



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

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 2



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

Step 4



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



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Tip

OR MORE PUMPKIN

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

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Ingredients:

- · 2 cups pumpkin puree
- 1 cup non-fat vanilla Greek yogurt
- 1 tsp pumpkin pie spice

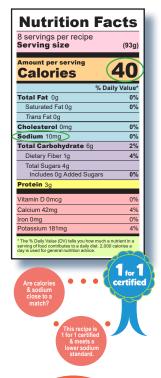
Preparation:

- 1. In a large bowl, add pumpkin & yogurt. Mix well.
- 2. Add pumpkin pie spice & stir until combined completely.

Tip

Serve with sliced apples, graham crackers, or over oatmeal as a breakfast dish.

10 Min | Serves 8





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