

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.

SWEET VANILLA PUMPKIN DIP

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

Nutrition Facts	
8 servings per recipe	
Serving size	(93g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 0mg	0%
Potassium 181mg	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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