



A Nutrition Resource



PUMPKIN

Warm and wonderful

The pumpkin offers more than good carving for a Jack-o-lantern! When cooked, this winter squash can be made sweet or savory, depending on your favorite flavors. Not only do these orange beauties remind us of fall season, they provide a significant amount of beta carotene which is converted into vitamin A in your body. This vitamin is a champion for eye health and can also help the body fight infections. Pumpkins are also full of other nutrients such as vitamin C, vitamin E, and potassium.

Buying and storing

BUYING: Choose a well-shaped pumpkin that is firm and slightly heavy. It should have tough skin with the stem attached and be without wrinkles or blemishes. Look for a pumpkin that is heavy for its size.

STORING: Store in a cool, dry place. Cooked pumpkin can be stored in an airtight container in the refrigerator for 4 to 5 days. Pumpkin puree can be frozen for later use.

Preparing and Cooking

To prepare, wash off all dirt with cool water.

BAKING: Preheat oven to 375°F. Remove stem; cut in half crosswise. Remove seeds and pulp. Save seeds to roast or to plant in your garden. Place pumpkin halves in pan, cut side down. Bake for one hour or more, depending upon the size of the pumpkin. Pumpkin is done when it is tender and begins to fall apart. Scrape cooked pumpkin out of its shell.

STEAMING: Place peeled pumpkin pieces in a small amount of boiling water. Cook until the squash is tender, about 5 minutes. Drain well.

MICROWAVING: Arrange pumpkin halves, cut-side up, in a shallow, microwave-safe dish. Cover with microwave-safe plastic wrap or a glass lid and cook until tender, about 7-10 minutes. Let stand 5 minutes after cooking. Alternatively, cut pumpkin into chunks before microwaving. Cooking time will be about 6 to 8 minutes.

Ways to enjoy

- Puree pumpkin by using a blender or mashing cooked pumpkin.
- Make a pumpkin pie yogurt parfait: Blend pumpkin, pumpkin pie spice, and cinnamon; layer with low-fat yogurt.
- Try a pumpkin smoothie with pumpkin, banana, yogurt, milk, pumpkin pie spice, and a little honey or maple syrup.
- Add a few Tablespoons of pumpkin to your oatmeal, along with walnuts, raisins, and cinnamon.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 Find us on Pinterest
pinterest.com/buyeatlive

 Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION

Pumpkin Pancakes

Yield: 8 Servings | Serving Size: 2 Pancakes

- 1 egg, slightly beaten
 - 1½ cups nonfat milk
 - ½ cup pumpkin, canned or cooked, mashed pumpkin
 - 2 Tablespoons vegetable oil
 - 1 cup all-purpose flour
 - 1 cup whole wheat flour
 - 2 Tablespoons packed brown sugar
 - 1 Tablespoon baking powder
 - 1 teaspoon salt
 - 1½ teaspoons pumpkin pie spice*
 - Toppings (optional): low-fat yogurt, banana slices, or maple syrup
- * Can also use 1 teaspoon cinnamon, ¼ teaspoon nutmeg, and ¼ teaspoon ground ginger

1. Preheat griddle or frying pan over medium heat.
2. In large bowl, beat together egg, milk, pumpkin, and oil.
3. Add flours, sugar, baking powder, salt, and spices; mix until moistened. (Batter will be thick.)
4. For each pancake, pour ¼ cup batter onto hot griddle. Use a spatula to spread batter into 4-inch circle before mixture sets.
5. Cook until surface bubbles and appears dry. Turn; continue cooking 2 to 3 minutes.
6. Serve warm with yogurt, banana slices, or syrup (optional).

Nutrition Facts	
8 servings per container	
Serving size 2 pancakes (138g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	23%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 181mg	4%

*The % Daily Value 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.

Head to our website at
<https://buyeatlivebetter.org/recipes.html>
for **Quick and Easy Pumpkin Soup** and
Pumpkin Bread recipes!



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 Find us on Pinterest
pinterest.com/buyeatlive

 Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION