

Pumpkin



Selection - Choose pumpkins that are firm and feel heavy for their size without cracks or soft spots.

Storage - Store in a cool, dark place (stays fresh for up to 2 months).

Nutrition - Fiber in pumpkins can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE PUMPKIN

- To bake, cut pumpkin in half; remove seeds, strings and stem. Drizzle with olive oil and sprinkle with cinnamon. Bake cut-side up on baking sheet at 350 degrees for 45-50 minutes.
- To make a soup, blend cooked pumpkin with chicken broth; add in garlic, salt and cinnamon to taste. Simmer on low heat for 20 minutes, stirring occasionally.
- To roast the pumpkin seeds, start by washing them and letting them dry for a day. Toss in olive oil and any spices. Try cinnamon for a sweet version or onion/garlic powder for savory. Bake on a baking sheet at 325 degrees for 20-30 minutes.

Perfect Pumpkin Pancakes

Makes 12 Servings

Ingredients

- ☐ 2 cups flour
- ☐ 6 teaspoons brown sugar
- ☐ 1 tablespoon baking powder
- ☐ 1 1/4 teaspoons pumpkin pie spice (or cinnamon)
- ☐ 1 teaspoon salt
- ☐ 1 egg
- ☐ 1/2 cup pumpkin (canned)
- ☐ 1 3/4 cups milk, low-fat
- ☐ 2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 12, 3 1/2-inch pancakes.

Recipe from: Kansas Family Nutrition Program, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>

