

## ***Spicy Pumpkin Soup***

1 cup finely chopped onion  
1 clove garlic, minced  
2 Tablespoons butter or  
margarine, melted  
2 cups chicken broth  
1 teaspoon salt  
½ teaspoon ground allspice  
¼ teaspoon pepper  
½ teaspoon ground nutmeg  
½ teaspoon ground coriander  
2 cups canned evaporated skim milk  
2 cups (or 1-16 ounce can) pumpkin



Sauté onion and garlic in butter in a 2-quart saucepan. Add broth and seasonings; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Combine evaporated skim milk and pumpkin; mix well. Stir in pumpkin mixture. Cook, stirring constantly, until heated. **DO NOT BOIL**

*Yield: 6 - 1 cup servings  
(about 140 calories per cup)*

## ***Pumpkin Bread***

*This recipe also can be baked in two mini-loaf pans (check for doneness after 50 minutes).*

1 cup pumpkin	¾ cup whole wheat flour
½ cup sugar	1 teaspoon baking powder
2 tablespoons vegetable oil	1 teaspoon soda
½ cup plain low-fat yogurt	1 teaspoon ground cinnamon
¾ cup all-purpose flour	¼ teaspoon salt
	½ cup raisins

*(recipe continued on next panel)*

In large mixer bowl beat together pumpkin, sugar, oil, and yogurt. In a medium bowl combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring just until moistened. Stir in raisins. Pour into a greased 9x5x3-inch loaf pan. Bake in preheated 350°F oven for about 1 hour or until a wooden toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes, then remove from pan and cool completely.

*Yield: 16 slices  
(about 105 calories per slice)*

For more information about pumpkins and other fruits and vegetables, contact your local U of I Extension office



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# ***Illinois Pumpkins***



## ***...and You!***

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# Pumpkins

## *Not just for Jack-O-Lanterns and pie!*

While most of the pumpkins marketed in the U.S. are used as jack-o'-lanterns, many roadside stands and farmers' markets sell the small, sugar variety pumpkin that are excellent to eat.

Pumpkins are a member of the winter squash family and can be used in any recipe calling for any of the winter squashes such as hubbard, acorn, butternut or turban. They are an excellent source of Vitamin A and are naturally low in both calories and sodium.

## *Nutrition....*

### **Per ½ cup cooked from raw**

Calories	25
Carbohydrate	6 grams
Protein	1 gram
Fat	0 grams
Sodium	2 mg
Vitamin A	3600 IU (98% of USRDA)



## *Buying....*

Choose small pumpkins for cooking and baking, large ones for decorations. Look for a smooth, clean pumpkin with a hard skin and no soft spots, decay, cracks or bore holes. They should be heavy for their size and have a small amount of stem left in place.

## *Yield....*

A 5-lb pumpkin will yield 4½ cups cooked and mashed pumpkin flesh.

## *Storing....*

A pumpkin stored in a cool dry place will last 2–3 months and at room temperature for 1 month. Do not refrigerate or keep below 50°F.

Once it is cut open it must be cooked the same day. Otherwise, the orange flesh will develop a feathery black mold. Once it is cooked, it should be refrigerated immediately and used within 36 hours.

Cooked pumpkin may be successfully frozen or canned using a pressure canner. For information on freezing and canning, contact your University of Illinois Extension office.

## *Basic Preparation....*

Young, small pumpkins can be used in any recipe calling for winter squash. For cooking, choose pumpkins between 5 to 8 pounds. Small pumpkins can be baked, whole in the oven at 350°F until soft — about 1–1½ hours depending upon size. After baking, cut the pumpkin open and scoop out the seeds and stringy pulp. Mash the pumpkin and use immediately in recipes or can or freeze for later use.

## *Serving Ideas....*

Pumpkins can be diced into chunks, steamed as a vegetable, spiced with nutmeg to enhance the flavor and served as a vegetable dish at any meal. Pumpkins can also be mixed with a variety of fruits and vegetables such as apples, pears and rhubarb. Small pumpkins make beautiful serving containers for soups and stews.

## *Recipes....*

### *Pumpkin Peanut Butter Dip*

¾ cup pumpkin            1 cup brown sugar  
¾ cup peanut butter    1 teaspoon vanilla

Mix all ingredients together. Serve with apple wedges, vegetable sticks such as celery and carrots, or crackers.

*Yield: 2 cups (about 60 calories per Tablespoon)*

### *EASY Pumpkin Pie Squares*

1 cup flour                    2 eggs  
½ cup oatmeal                ¾ cup sugar  
(uncooked)                    1 teaspoon cinnamon  
½ cup brown sugar        ½ teaspoon ginger  
½ cup margarine            ¼ teaspoon cloves  
2 cups or 1 (16 oz.)        1 (13-oz.) can  
  can pumpkin                evaporated skim milk

Combine first 4 ingredients until crumbly. Press into a 9"x13" pan. Bake 15 minutes at 350°F. Mix all remaining ingredients and pour on top of first baked layer. Bake 35 minutes at 350°F.

*Yield: 12 servings (about 240 calories per serving)*

### *Roasted Pumpkin Seeds*

2 cups seeds                    1½ Tablespoons melted  
1¼ teaspoon salt            butter, margarine or oil  
(optional)

Separate the fiber from the pumpkin. **Do not wash seeds.** Mix melted butter and salt with seeds. Spread in a shallow pan. Bake at 250°F until crisp and brown. Stir as needed to ensure even browning.

*Yield: 2 cups seeds (about 70 calories per ¼ cup serving)*