



Pumpkin

Did You Know?

Pumpkins come in many different sizes, ranging from less than a pound to over 1,000 pounds!

Boost your nutrition this fall with pumpkin. Enjoy the deep and rich taste of this vine-grown fruit when it is harvested in the early months of fall to experience maximal nutrition benefits.

Health Benefits

The bright orange color of pumpkin indicates a high amount of a powerful antioxidant beta carotene. This plant-derived carotenoid can be converted to vitamin A in the body which has been shown to have many health benefits such as:

- Enhances vision by helping eyes adjust to light changes
- Aids in prevention of some types of cancer
- Contributes to the formation of healthy bones and teeth
- Helps with immune system regulation

How to Cook a Pumpkin

Fresh pumpkins provide the highest amount of nutrients and can be cooked and added to many recipes. Follow these easy steps to cook a pumpkin:

1. Cut a pie pumpkin in half and scoop out the seeds.
2. Place pumpkin halves on a baking sheet, cut side down, and bake in the oven at about 350 degrees until pumpkin is soft.
3. Remove from the oven and scoop pumpkin from the rind into a bowl.

If you do not have time to cook a pumpkin you can purchase canned pumpkin. Choose low or no sugar options for a healthy alternative.

Fall Favorites

Experience a taste of fall by adding pumpkin to your favorite recipes.

- Soup: Cook pumpkin, puree until smooth, and add to broth. Complete with a touch of cinnamon, ginger spice, and salt.
- Seeds: Save the seeds after carving your pumpkin. Place seeds on a baking sheet, toss with a tablespoon of canola oil and a sprinkle of sea salt. Bake at 300 degrees until lightly browned.
- Pancakes: Puree cooked pumpkin and add to batter.

From soup to seeds, incorporate pumpkin into your next recipe enjoying excellent nutrition!



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