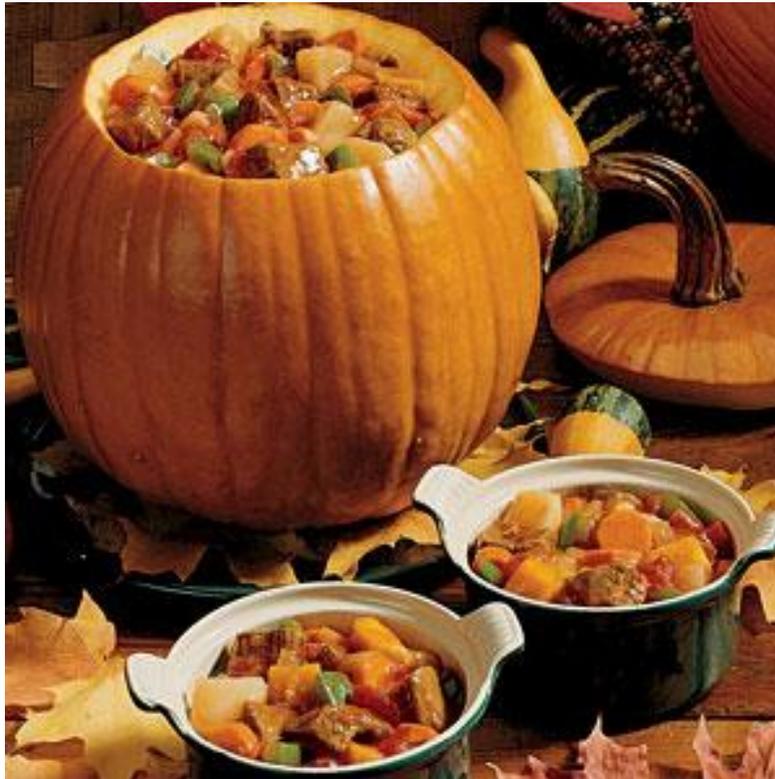


Knowledge @ Noon

“Pumpkin”



Wednesday, October 21, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

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Pumpkin Facts

- Total U.S. pumpkin production in 2008 in major pumpkin producing states was valued at \$141 million.
- Total production of pumpkins by major pumpkin-producing states in 2008: 1.1 billion pounds
- 496 million pounds of pumpkins were produced in Illinois in 2008.
- The top pumpkin production states are Illinois, Ohio, Pennsylvania and California.
- The top ten pumpkin producing counties in Illinois are Tazewell, Kankakee, Mason, Logan, Will, Marshall, Kane, Pike, Carroll and Woodford.
- Pumpkins are grown primarily for processing with a small percentage grown for ornamental sales through you-pick farms, farmers' market and retail sales.
- Around 90 to 95% of the processed pumpkins in the United States are grown in Illinois.
- Pumpkin seeds can be roasted as a snack.
- Pumpkins contain potassium and Vitamin A.
- Pumpkins are used for feed for animals.
- Pumpkin flowers are edible.
- Pumpkins are used to make soups, pies and breads.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins are members of the vine crops family called cucurbits.
- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The name pumpkin originated from "pepon" ó the Greek word for "large melon."
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Pumpkins are fruit.
- Eighty percent of the pumpkin supply in the United States is available in October.
- In colonial times, Native Americans roasted long strips of pumpkin in an open fire.
- Colonists sliced off pumpkin tops; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.

Pumpkin History

- References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was nasalized by the French into "pompon." The English changed "pompon" to "Pumpion." Shakespeare referred to the "pumpion" in his *Merry Wives of Windsor*. American colonists changed "pumpion" into "pumpkin." The "pumpkin" is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

- Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.

History of the Jack-o-Lantern

- People have been making jack-o-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form. Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.
- Soon after, Jack died. As the legend goes, God would not allow such an unsavory figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved out turnip and has been roaming the Earth with it ever since. The Irish began to refer to this ghostly figure as "Jack of the Lantern," and then, simply "Jack O'Lantern."
- In Ireland and Scotland, people began to make their own versions of Jack's lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away Stingy Jack and other wandering evil spirits. In England, large beets are used. Immigrants from these countries brought the jack o'lantern tradition with them when they came to the United States. They soon found that pumpkins, a fruit native to America, make perfect jack o'lanterns.

Pumpkin Nutrition

- The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.
- Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protect against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

Pumpkin Nutrition Facts (1 cup cooked, boiled, drained, without salt)

Calories 49	Zinc 1 mg
Protein 2 grams	Selenium .50 mg
Carbohydrate 12 grams	Vitamin C 12 mg
Dietary Fiber 3 grams	Niacin 1 mg
Calcium 37 mg	Folate 21 mcg
Iron 1.4 mg	Vitamin A 2650 IU
Magnesium 22 mg	Vitamin E 3 mg
Potassium 564 mg	

Beef Stew in a Pumpkin

2 lbs beef stew meat, cut into 1 inch cubes
3 Tablespoons vegetable oil, divided
1 cup water
3 large potatoes, peeled and cut into 1 inch cubes
4 medium carrots, peeled and sliced
1 large green pepper cut into ½ inch pieces
4 cloves garlic, minced
1 medium onion, chopped
2 teaspoons salt
½ teaspoon pepper
2 Tablespoons beef bouillon granules
1 (14 ½ oz) can diced tomatoes in juice
1 (10 pound) pumpkin

DIRECTIONS:

1. In a Dutch oven, brown meat in 2 tablespoons oil
2. Add water, potatoes, carrots, green peppers, garlic, onion, salt, and pepper.
3. Cover and simmer for 2 hours.
4. Stir in bouillon and tomatoes.
5. Wash pumpkin; cut a 6 to 8 inch circle around top stem.
6. Remove top and set aside; discard seeds and loose fibers inside.
7. Place pumpkin in a shallow sturdy baking pan.
8. Spoon stew into pumpkin and replace the top.
9. Brush outside of pumpkin with remaining oil.
10. Bake at 325 degrees for 2 hours or just until the pumpkin is tender (do not over bake).
11. Serve stew from pumpkin, scooping out a little pumpkin with each serving.

Serves 8-10

Pumpkin Soup

6 cups Low sodium chicken broth
1 (29 oz) can pumpkin puree
1 cup Medium onion, chopped
1 clove garlic, minced
1 teaspoon chopped fresh thyme or ½ tsp dried thyme
1/8 teaspoon black pepper
½ cup heavy cream
2 Tablespoons finely chopped fresh parsley
1 ½ teaspoon salt to taste

Bring broth, pumpkin, onion, garlic, thyme, pepper & salt to boil in large pot. Reduce heat and simmer, uncovered, 30 minutes.

Puree soup 2 cups at a time in a blender or food processor. Return to pot and bring to a boil. Reduce heat and simmer, partially covered, 30 minutes more.

Stir in cream and serve garnished with parsley.

Per 1 cup: 103 Cal, 5.9 g fat (3.6 g sat), 3.2 g pro, 11.5 g carb, 3.4 g fiber, 500 mg sodium, 20 mg chol.

Recipe from All Recipes Sep/Oct 2015

Roasted Pumpkin and Brussel Sprouts

1 medium pie pumpkin (about 3 pounds),
peeled & cut into ¾ inch cubes
1 pound fresh Brussel sprouts,
trimmed & halved lengthwise
4 garlic cloves, thinly sliced
1/3 cup olive oil
2 Tablespoons balsamic vinegar
1 teaspoon Sea salt
½ teaspoon coarsely ground pepper
2 Tablespoon minced fresh parsley

Preheat oven to 400°F. In large bowl, combine pumpkin, Brussels sprouts & garlic.

In a small bowl, whisk oil, vinegar, salt & pepper.

Drizzle over vegetables & toss to coat.

Transfer mixture to greased 15x10x1 baking pan. Roast 35- 40 minutes or until tender, stirring once.

Sprinkle with parsley. *Recipe from Taste of Home Holiday and Celebrations 2015*

Pretty Pumpkin Cinnamon Buns Recipe

I make sticky buns and cinnamon rolls quite often because my husband loves them. One day, I had some fresh pumpkin on hand and decided to try pumpkin cinnamon buns. We loved the results! ô Glenda Joseph, Chambersburg, Pennsylvania TOTAL TIME: Prep: 45 min. + rising Bake: 25 min. YIELD: 24 servings

2 Tablespoons Red Star® Platinum Superior Baking Yeast	½ cup sugar
½ cup warm water (110° to 115°)	½ cup packed brown sugar
4 eggs	⅓ cup instant vanilla pudding mix
1 cup shortening	⅓ cup instant butterscotch pudding mix
1 cup canned pumpkin	1 teaspoon salt
1 cup warm milk (110° to 115°)	7 to 8 cups all-purpose flour

FILLING:

¼ cup butter, melted	2 teaspoon ground cinnamon
1 cup packed brown sugar	

ICING:

3 tablespoons water	2 cups confectioners sugar
2 tablespoons butter, softened	1 ½ teaspoons vanilla extract
1 teaspoon ground cinnamon	

1. In a large bowl, dissolve yeast in warm water. Add the eggs, shortening, pumpkin, milk, sugars, pudding mixes, salt and 6 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down; divide in half. Roll each portion into a 12-in. x 8-in. rectangle; brush with butter. Combine brown sugar and cinnamon; sprinkle over dough to within ½ in. of edges.

4. Roll up jelly-roll style, starting with a long side; pinch seams to seal. Cut each into 12 slices. Place cut side down in two greased 13-in. x 9-in. baking pans. Cover and let rise until doubled, about 30 minutes.

5. Bake at 350° for 22-28 minutes or until golden brown. In a small bowl, combine the water, butter and cinnamon. Add confectioners sugar and vanilla; beat until smooth. Spread over buns. Serve warm. Yield: 2 dozen. Nutritional Facts: 1 bun equals 379 calories, 12 g fat (4 g saturated fat), 44 mg cholesterol, 201 mg sodium, 61 g carbohydrate, 2 g fiber, 6 g protein. *Recipe from 2015 RDA Enthusiast Brands, LLC Taste of Home*

Pumpkin Pie Spice Substitute

Make Pumpkin Pie Spice Mix yourself with spices commonly found in your pantry.

Ingredients

- 3 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon ginger
- ½ teaspoon cloves

Directions

1. Add the spices to a spice jar. Put the lid on and shake vigorously to mix.
2. Store the pumpkin pie spice mix in a sealed container in a cool, dark location.
3. Use as called for in recipes.

Notes

This makes 5½ teaspoons, which is usually more than enough to get me through the holidays.

Pumpkin Spice Overnight Oatmeal

1 can (15 oz.) solid pack pumpkin	1 teaspoon ground cinnamon
1 cup steel-cut oats	$\frac{3}{4}$ teaspoon salt
3 Tablespoons brown sugar	3 cups water
1 $\frac{1}{2}$ teaspoons pumpkin pie spice	1 $\frac{1}{2}$ cups 2% milk

Optional toppings: toasted chopped pecans, ground cinnamon & additional brown & milk.

In a large bowl, combine the first six ingredients; stir in water & milk. Transfer to a slow cooker with a liner or greased 3-qt slow cooker. Cook, covered, on low 5 to 6 hours or until the oats are tender, stirring once. Serve with toppings as desired.

I made the oatmeal during the day since it needs to be stirred. The oatmeal stores well in the fridge. The taste improves overnight.

Serves: 6 *Recipe from Taste of Home 2015 Christmas*

Pumpkin Delight Magic Bars (makes 24 bars)

1 pkg. (11 oz.) vanilla wafers	1 can (15 oz) solid-pack pumpkin
$\frac{1}{2}$ cup butter, melted	1 $\frac{1}{2}$ cups flaked coconut
3 oz. cream cheese, softened	1 cup white baking chips
1 can (143 oz.) sweetened condensed milk	1 cup dried cranberries
$\frac{1}{2}$ teaspoon pumpkin pie spice	1 cup chopped pecans

Preheat oven to 350 degrees. Place wafers in a food processor; pulse until coarse crumbs form. Drizzle with melted butter; pulse until blended. Press into bottom of a greased 13x9-in. baking pan.

In a large bowl, beat cream cheese, milk and pie spice until smooth; beat in pumpkin. Pour over crust. Layer with coconut, baking chips, cranberries and pecans.

Bake 45-55 minutes or until golden brown. Cool in pan on a wire rack 10 minutes. Loosen sides from pan with a knife; cool completely. Cut into bars. Refrigerate leftovers.

Acorn Candy Cookies

"Cute little treats all on their own or a fun decoration for your cupcakes! Enjoy as is or use to decorate cupcakes. If you are good at piping try adding some colored leaves made of frosting to the top of the Nilla(R) Wafer."

Ingredients

- 1 Tablespoon prepared chocolate frosting
- 24 milk chocolate candy kisses (such as Hershey's Kisses(R)), unwrapped
- 24 mini vanilla wafer cookies (such as Nilla(R))
- 24 butterscotch chips

Smear a small amount of frosting onto the flat bottom of a candy kiss. Press onto the flat bottom of the vanilla wafer. Smear a little more frosting onto the flat bottom of a butterscotch chip, and press onto the rounded top of the cookie. Repeat with remaining ingredients. Set aside to dry, about 30 minutes.

Printed From Allrecipes.com 10/19/2015

Pumpkin Chip Cookies

1½ cups Butter, softened (no substitutes)	4 cups all-purpose flour
2 cups packed brown sugar	2 cups quick-cook oats
1 cup sugar	2 teaspoons soda
1 can (15 oz) solid-pack pumpkin	2 teaspoon ground cinnamon
1 egg	1 teaspoon salt
1 teaspoon vanillas extract	2 cups (12 oz) semisweet chocolate chips

In a large mixing bowl, cream butter and sugars. Beat in pumpkin, egg and vanilla. Combine the flour, oats, baking soda, cinnamon & salt; gradually add to creamed mixture.

Stir in chocolate chips. Drop by Tablespoonful 2 in. apart onto ungreased baking sheet. Bake at 350F for 10-12 min or until lightly brown. Remove to wire racks to cool. Yield: 10 dozen

Recipe from Taste of Home

Pumpkin Cookies

1 ½ cups packed brown sugar	1 teaspoon cinnamon
½ cup shortening	½ teaspoon nutmeg
2 eggs	½ teaspoon salt
1 ¾ cups canned pumpkin	¼ teaspoon ginger
2 ¾ cups flour	1 cup raisins
1 Tablespoon baking powder	1 cup chopped pecans or walnuts

Preheat oven to 400 degrees. Mix shortening, sugar, eggs, and pumpkin thoroughly. Measure flour and blend with other dry ingredients. Add to pumpkin mixture, stirring until well blended. Add raisins and nuts. Drop batter onto ungreased cookie sheet. Bake for 12 to 15 minutes.

Makes 3 dozen.

Sour Cream Pumpkin Bars

½ cup butter, softened	1 cup canned pumpkin
1 1/3 cups sugar	½ cup sour cream
1 ½ teaspoons baking powder	1 teaspoon vanilla
¼ teaspoon baking soda	1 ½ cups all-purpose flour
¼ teaspoon salt	½ cup whole wheat flour
2 eggs	1 cup chopped pecans or walnuts

1. Preheat oven to 350 degrees. Grease a 15x10x1 inch baking pan.
2. In a large bowl beat butter with an electric mixer, beat in sugar, baking powder, baking soda, and salt until combined. Add eggs, pumpkin, sour cream, milk, and vanilla until combined. Stir in flours; beat until combined. Stir in nuts.
3. Spread mixture evenly into prepared baking pan. Bake about 25 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on rack.
4. Spread with Browned Butter Frosting. Cut into 48 bars.

Pumpkin Cheesecake Deluxe

Crust:

¾ cup chopped pecans, toasted
32 gingersnap cookies, coarsely crushed
3 Tablespoons brown sugar
6 Tablespoons butter, melted

Place a greased 9 inch spring form pan on a double thickness of heavy-duty foil; securely wrap for around pan. Place pecan in a food processor, cover and process until ground. Add gingersnaps, brown sugar and butter; cover and pulse until blended. Press onto the bottom and 2 inches up the sides of the prepare pan; set aside.

Filling:

3 pkgs. (8 oz each) cream cheese, softened	3 teaspoons vanilla extract
1 cup packed brown sugar	1 teaspoon ground cinnamon
1 ½ cups canned pumpkin	½ teaspoon ground ginger
½ cup heavy whipping cream	¼ teaspoon ground cloves
¼ cup maple syrup (NOT pancake syrup!)	4 eggs, lightly beaten

In a large mixing bowl, beat cream cheese and brown sugar until smooth. Beat in pumpkin, cream, syrup, vanilla and spices. Add eggs; beat on low speed just until combined. Pour into crust. Place springform pan in a large baking pan; add 1 inch hot water to larger pan. Bake at 325 degrees for 60-70 minutes or until center is just set and top appears dull. Remove pan from water bath. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Chill overnight. Remove sides of pan. Garnish with whipped cream if desire. Yield 12 servings. TOH recipe

Double Layer Pumpkin Cheesecake

1 (9 inch) prepared graham cracker crust	½ cup canned pumpkin puree
2 (8 ounce) packages cream cheese, softened	½ teaspoon cinnamon
½ cup sugar	1 pinch ground cloves
½ teaspoon vanilla	1 pinch nutmeg
2 eggs	Whipped topping for garnishing top

Directions:

1. Preheat oven to 325 degrees.
2. In a large bowl, beat cream cheese, sugar, and vanilla with an electric mixer until smooth, blend in eggs 1 at a time.
3. Spread 1 cup of batter into bottom of crust.
4. Add pumpkin, cinnamon, cloves, and nutmeg to remaining batter in bowl, and stir gently until well blended. Carefully spread over batter in crust.
5. Bake 35 to 40 minutes, or until center is almost set. Cool, then refrigerate 3 hours or overnight. Garnish with whipped topping prior to serving. Makes 8 slices.

Nutrition per slice: 426 calories, 29 grams fat, 7 gram protein, 36 gram carbohydrates, 354 mg. sodium.

Recipe from All recipes magazine October /November 2014

Light Pumpkin Pie

This lighter version of traditional pumpkin pie saves you much of the calories and fat of the traditional version and tastes the same!

Ingredients:

1 cup ginger snap cookies	½ cup sugar
½ cup egg whites (about 4)	2 teaspoons pumpkin pie spice (cinnamon, ginger, cloves)
16 oz can pumpkin	12 oz. can evaporated skim milk

Instructions:

Preheat the oven to 350 degrees.

Grind the cookies in a good processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly.

Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes.

Store in the refrigerator. Allow to cool and slice in 8 wedges.

Nutritional Information: (Makes 8 Servings) Per serving: 165 calories, 1.5 grams fat (0.5g saturated fat), 12 grams carbohydrate, 6 grams protein, 2 grams fiber, 170 mg sodium

Pumpkin Torte Yields: 8 servings

1 (19 ounce) can chickpeas (garbanzo beans), rinsed
4 eggs
1 (15 ounce) can pumpkin
1 cup Splenda (or sugar)
2 Tablespoons maple syrup (real syrup, not pancake)
1/2 teaspoon baking powder
2 teaspoons pumpkin pie spice

Optional Frosting

6 ounces whipped cream cheese
2 cups powdered sugar

1 (11 ounce) can mandarin oranges, drained
1/4 cup walnut halves

DIRECTIONS:

1. Preheat oven to 350 degrees. In a blender or food processor, combine chickpeas and eggs until smooth. Add pumpkin, Splenda, syrup, baking powder and spice; process again until smooth.
2. Spray a round cake pan with oil. Fill with batter. Bake until a knife inserted in the middle comes out clean, about 60 minutes. Cool. (Be sure the cake is completely cool before removing it from the pan, because it is very soft.)
3. Combine cream cheese and powdered sugar. Spread over top and sides of cake (optional). Decorate with mandarin oranges and walnuts.

Amount Per Serving Calories: 378, Total Fat: 12g Cholesterol: 126mg Sodium: 490mg, Total Carbs: 62.1g, Dietary Fiber: 5.1g, Protein: 8.9g

Browned Butter Frosting

½ cup butter

3 cups powdered sugar

2 Tablespoons milk

1 teaspoon vanilla

1. Heat ½ cup butter in small sauce pan over low heat until melted. Continue to heat until the butter turns a light brown. Remove from heat and transfer butter to a medium mixing bowl.
2. Add powdered sugar, milk and vanilla. Beat until well combined. Beat in additional milk as needed to make a spreadable frosting.

Nutrition per bar: 130 calories, 6 grams fat, 20 mg cholesterol, 63 mg sodium, 18 gm carbohydrates, 1 gram fiber, 1 gram protein.

Easy Pumpkin Crumb Cake

1 can (30 oz.) LIBBY'S® Easy Pumpkin Pie Mix

2/3 cup (5 fl.-oz. can) Evaporated Milk

2 large eggs, slightly beaten

1 pkg. (18.25 oz.) yellow or spice cake mix

½ cup (1 stick) butter or margarine, melted

½ cup chopped pecans or walnuts

Whipped topping (optional)

Directions

PREHEAT oven to 350° F. Grease 13 x 9-inch baking pan.

COMBINE pumpkin pie mix, evaporated milk and eggs in large bowl. Pour into prepared pan.

COMBINE cake mix, melted butter and nuts in large bowl until crumbly (clean hands may be used).

Sprinkle over filling.

BAKE for 50 to 55 minutes or until golden brown on top. Cool completely in pan on wire rack. Cut into bars. Top each serving with whipped topping, if desired.

Easy Pumpkin Cake with Chocolate Ganache

1 box yellow cake mix

1 -15 oz can pumpkin

2 teaspoon pumpkin pie spice

3 eggs

Ganache

½ cup whipping cream

1 cup semi-sweet chocolate chips

Preheat oven to 350 degrees. Place the cake mix, pumpkin, pie spice, and eggs in a mixing bowl and mix with an electric mixer on medium until smooth. Pour into a greased bundt pan and bake for 45-50 minutes or until toothpick comes out clean. Allow it to cool. Turn onto platter.

Ganache

Bring the whipping cream to a boil. Remove from the heat and add the chocolate chips. Let set for 5 minutes. Whisk until smooth and shiny. Drizzle over the cooled cake.

Note: You can substitute a chocolate cake mix and omit the spice for a moist, chocolate cake.

Slow Cooker Pumpkin Pie Pudding

15 ounce can pumpkin	2 beaten eggs
12 ounce can evaporated milk	2 Tablespoon melted butter or margarine
¾ cup sugar	1 Tablespoon pumpkin pie spice
½ cup buttermilk baking mix	1 teaspoon vanilla
Whipped cream	

Mix together all ingredients except the whipped cream. Pour into greased slow cooker. Cover and cook on Low 6-7 hours or until temperature reads 160 degrees. Serve in bowls with whipped cream.

Pumpkin Butterscotch Pudding

1 pkg. Butterscotch pudding	1 teaspoon pumpkin pie spice
1 ½ cups milk	1 ½ cups whipped topping
1 can pumpkin	

Beat the milk with the pudding mix. Add the pumpkin and spices. Beat until well blended. Fold in the whipped topping. Cool.

Pumpkin Ice Cream Pie

1 cup pumpkin	½ teaspoon ginger
½ cup brown Sugar	¼ teaspoon nutmeg
½ teaspoon salt	1 quart vanilla ice cream
½ teaspoon cinnamon	1 recipe Graham Cracker Crust

Combine pumpkin, brown sugar, salt, and spices. Stir ice cream to soften. Fold into pumpkin mixture. Spoon into graham cracker crust. Freeze firm. Garnish with pecan halves arranged in a swirl.

Spiced Pumpkin Fudge

3 cups sugar	1 (12 oz.) pkg. butterscotch morsels
2/3 cup butter or margarine	1 (7 oz.) jar marshmallow crème
1 (5 ½ oz) can (2/3 cup) evaporated milk	1 cup chopped toasted pecans
½ cup solid pack pumpkin	1 teaspoon vanilla extract
1 teaspoon pumpkin pie spice	

In a heavy saucepan, combine sugar, butter, milk, pumpkin and spice. Bring to a boil, stirring constantly until mixture reaches 234 degrees (about 10 minutes) Remove from heat, stir in butterscotch morsels. Add marshmallow crème, nuts and vanilla. Mix until well blended. Quickly pour into greased 9x13 pan, spreading until just even. Cool at room temperature.

Pumpkin Corn Bread

2 cups yellow cornmeal	1 teaspoon salt
1 ½ cup flour	½ teaspoon baking soda
½ cup sugar	1 ¼ cups solid pack pumpkin (not mix)
½ cup nonfat dry milk	1/3 cup salad oil
1 Tablespoon baking powder	2 large eggs
1 teaspoon pumpkin pie spice	1 cup water

1. Oven 425F. Grease 13x9 baking dish
2. In large bowl, mix first 8(dry) ingredients. In a medium bowl, with a wire whisk or fork, beat pumpkin, salad oil, eggs & water until blended. Stir pumpkin mixture into cornmeal mixture just until flour is moistened. (Batter will be lumpy)
3. Spread batter evenly in pan. Bake 20 min. or until golden & toothpick inserted in center comes out clean. Serve or cool on racks.

Serves: 15, Cal. 210, 6gm fat, 29mg, cholest., 250mg Sodium

Recipe Submitted by Jerri Hefling, MFV

Jumbo Pumpkin Pecan Muffins (TOH) Servings: 6

2-1/2 cups all-purpose flour	2 eggs
1/2 cup sugar	1 cup canned pumpkin
1/4 cup packed brown sugar	½ cup buttermilk
2 teaspoons pumpkin pie spice	¼ cup canola oil
1 teaspoon baking powder	1 teaspoon vanilla extract
1 teaspoon baking soda	½ cup chopped pecans
1/2 teaspoon salt	

TOPPING:

1/3 cup packed brown sugar	¼ cup all-purpose flour
1/3 cup finely chopped pecans	¼ cup cold butter, cubed

In a large bowl, combine the first seven ingredients. In another bowl, combine the eggs, pumpkin, buttermilk, oil and vanilla. Stir into dry ingredients just until moistened. Fold in pecans. Fill six greased or paper-lined jumbo muffin cups three-fourths full.

In a small bowl, combine the brown sugar, pecans and flour; cut in butter until crumbly. Sprinkle over batter. Bake at 375° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. **Yield:** 6 muffins

Pumpkin Chocolate Chip Muffins (makes 24 muffins)

1. Combine:

4 eggs
2 cups sugar
1 can pumpkin
1 ½ cups vegetable oil

2. Sift together:

3 cups flour
2 teaspoons soda
2 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon salt

3. Slowly add the flour mixture to the egg pumpkin mixture. Fold in 2 cups chocolate chips. Spoon into muffin pan.
4. Bake in 400 degree oven for 16-20 minutes. Cool in pan 10 minutes.

Pumpkin-Banana Bread

2 cups sugar	1 teaspoon cinnamon
2/3 cup cooking oil	1/2 teaspoon ginger
4 eggs	2/3 cup water
3 1/3 cups all-purpose flour	1 (15 oz.) can pumpkin
2 teaspoon baking soda	1/2 cup mashed ripe banana (1 large)
1 1/2 teaspoons salt	3/4 cup chopped pecans, toasted
1 teaspoon baking powder	

Preheat oven to 350 degrees. Grease the bottom and 1/2 inch up the sides of two 9x5x3 inch loaf pans; set aside. In a bowl beat the sugar with an electric mixer until combined. Add eggs, 1 at a time, beating well after each addition.

In a bowl combine flour, baking soda, salt, baking powder, cinnamon, and ginger. Alternately add flour mixture and water to sugar mixture, beating after each addition. Beat in banana and pumpkin. Stir in pecans. Spoon into prepared pans.

Bake for 50 to 60 minutes or until a wooden toothpick inserted near centers comes out clean. Cool in pans 10 minutes. Remove from pans. Cool on wire racks. (Makes 2 loaves)

Roasted Fresh Pumpkin Seeds

2 cups fresh pumpkin seeds	1 Tablespoon olive oil
1 teaspoon salt	3/4 teaspoon kosher or fine sea salt

1. Place seeds in a 1 1/2 quart bowl; cover with water. Stir in 1 tsp salt. Let stand, covered, overnight.
 2. Preheat oven to 200F. Drain, rinse seeds; pat dry. Toss with oil and kosher salt; spread in a 15x10x1 in. baking pan.
 3. Roast 1 1/2 to 1 3/4 hours or until crisp and lightly browned, stirring occasionally. Cool completely.
- Servings: 6 Per serving: 115 cal., 6g fat(1g sat fat), 0 chol., 248mg sodium, 11 g carb.,4 g fiber, 4 g pro.
Diabetic Exchanges: 1 fat, 1/2 starch *Recipe from TOH.com S/O 2015*

Pumpkin Seeds

3 cups pumpkin seeds

3 Tablespoons margarine	1/3 teaspoon seasoned salt
1 teaspoon Worcestershire	Salt to taste
1/4 teaspoon garlic powder	

Remove seeds from jack-o-lantern pumpkin. Discard fiber strings. Rinse seeds in cold water and drain. Boil seeds in salted water for 10 minutes. Drain seeds and let dry overnight on a jelly roll pan.

Mix oleo, Worcestershire, garlic powder and seasoned salt in a glass measuring cup Microwave to melt margarine. Stir to mix ingredients. Pour over seeds and stir to coat seeds. Sprinkle seeds with additional salt (optional).
Bake at 250 degrees for 1 1/2 hours, stirring every 15 minutes.