

Peter Pumpkin Squares

Ingredients:

- 2 cups cooked pumpkin
- 1 1/2 cups brown sugar
- 3/4 cup cooking oil
- 4 eggs
- 1 1/2 cups all purpose flour
- 1 1/2 cups rolled oats
- 1 tablespoon ground cinnamon
- 2 tsp baking powder
- 1 tsp baking soda
- Margarine or butter to grease pan

Instructions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

PUMPKIN BREAD

Ingredients:

- 2 cups cooked pumpkin
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt or 4 eggs
- 1 1/2 cups white flour
- 1 1/2 cups whole wheat (or white) flour
- 2 tsp baking powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 1/2 tsp salt
- 1 cup raisins (optional)

Instructions:

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt (or eggs).
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.



Three ways TO BAKE YOUR PUMPKIN

& Recipes



ROASTED PUMPKIN SEEDS

These roasted pumpkin seeds are easy to prepare and delicious!

Ingredients:

- Seeds from your pumpkin, rinsed and drained
- 2 tablespoons canola or olive oil
- 1 1/2 teaspoons salt
- Cayenne pepper (optional for spice)

Preparation:

Rinse your pumpkin seeds under water and let dry on paper towels. Toss cleaned pumpkin seeds with oil and salt; spread out on a cookie sheet. Bake in a 250° oven for about 1 hour, or until the pumpkin seeds are dry, stirring occasionally. Enjoy!

SUBSTITUTE COOKED PUMPKIN FOR ANY RECIPE THAT CALLS FOR CANNED PUMPKIN.

1 can (15-16oz) =
2 cups pumpkin

You can refrigerate your fresh pumpkin puree for up to three days, or store it in the freezer up to six months, enabling you to enjoy fall pumpkins for months to come!

3 WAYS TO COOK A PUMPKIN

1. Baking Method

- Cut the pumpkin in half and discard the stem section and stringy pulp. Save the seeds to dry and roast (see below for how to roast seeds)
- In a shallow baking dish, place the two halves face down and cover with foil
- Bake in a preheated 375 degrees F (190 degrees C) oven for about 1½ hours for a medium-sized sugar pumpkin, or until tender
- Once the baked pumpkin has cooled, scoop out the flesh and puree or mash it

2. Boiling Method

- Cut the pumpkin in half, discarding the stringy insides
- Cut the pumpkin into more chunks and peel
- Place in a saucepan and cover over with water
- Bring to a boil and cook until the pumpkin chunks are tender (about 25 minutes)
- Let the chunks cool, and then puree the flesh in a food processor or mash it with a potato masher or food mill

3. Microwave Method

- Cut the pumpkin in half, discarding the stringy insides. Save seeds to roast.
- Microwave on high power for seven minutes per pound, turning pieces every few minutes to promote even cooking.
- Once the pumpkin has cooled, scoop out the flesh and puree or mash it

RECIPES

PUMPKIN & BEAN SOUP

Makes 6 cups

Ingredients:

- 1 can white beans
- 1 onion, chopped
- 1 cup water
- 2 cups cooked pumpkin
- 1 1/2 cup apple juice
- 1/2 tsp cinnamon
- 1/4 tsp ginger, nutmeg or allspice
- Salt & pepper to taste

Preparation:

Blend white beans, onion, and water with a potato masher or blender till smooth. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir. Add the blended bean mix to the pot. Cook over low heat for 15-20 minutes, until warmed through.

Jack-o'-lanterns are the symbol of Halloween. But don't overlook pumpkins as a source of nutrition. Pumpkins are loaded with vitamin A and fiber, and low in calories. In fact they are one of the most nutritional foods available year round! Not to mention, they are delicious!