

# Can-Do PUMPKIN



## *Pumpkin Muffins*

Servings: 12

### Ingredients

- One 18.25-ounce package spice cake mix
- One 15-ounce can pumpkin

### Directions

1. Wash hands and surfaces.
2. Preheat the oven to 350 F. Grease a 12-cup muffin pan or line with paper baking cups.
3. In a large bowl, mix ingredients until smooth. Spoon equal amounts of batter into the prepared muffin cups.
4. Bake for 25 minutes, or until a toothpick inserted in muffin's center comes out clean.

### Information on pumpkins

Pumpkin is a source of vitamin A, an antioxidant that may reduce your risk of heart disease and certain cancers. Pumpkin is also a source of potassium, vitamin K, magnesium and fiber. Potassium helps maintain healthy blood pressure. Vitamin K and magnesium help build and maintain strong bones. Fiber helps control cholesterol and keeps you regular.

### Additional cooking tips

- Substitute other flavors of cake mixes to create different muffins with this easy recipe.
- Try adding nuts or fruit (such as blueberries) to these muffins for even more variety.

## White Bean Pumpkin Chili

Servings: 4

### Ingredients

- 1 pound lean ground beef or turkey
- One 15-ounce can white beans, drained and rinsed
- One 15-ounce can pumpkin, plain
- One 14.5-ounce can chicken or vegetable broth
- 2 teaspoons onion powder
- ½ teaspoon thyme or tarragon (optional, to taste)
- 1 cup water (or to desired thickness)
- Salt and pepper (optional, to taste)

### Directions

1. Wash hands and surfaces.
2. In a skillet over medium high heat, brown ground beef until done. Drain.
3. In a soup pot, mix beef, beans, pumpkin, broth and spices. Add water if too thick.
4. Cover and cook over low heat for about 15-20 minutes until warmed through.
5. Enjoy! Refrigerate leftovers immediately.



### Cooking tip

Add some of your favorite canned vegetables to make the soup more hearty. Drain and add to soup pot with beans and pumpkin.

### Working with fresh pumpkin

**Choose** well-shaped pumpkins that are firm and slightly heavy. They should have tough skin without any wrinkles or blemishes. Avoid the large pumpkins that are meant for carving. They tend to be tough and stringy. Instead, choose small pie or sugar pumpkins.

**Store** in a cool, dry place. Whole pumpkins can be stored up to 3-6 months.

**Prepare:** Wash pumpkin, cut and remove seeds. To bake, cut in half. Bake at 350 F for 30 minutes to 1 hour or microwave on high for 15 minutes. Pumpkin is done when it is tender. Mash with brown sugar or maple syrup and a little butter. Puree and serve as the base of a savory soup or in a sweet pie, or spread on toast and top with cinnamon and sugar.



## ***Roasted Pumpkin Seeds***

Servings: varies

### **Ingredients**

- Pumpkin seeds
- Butter
- Seasonings such as garlic powder, onion powder or Parmesan cheese (optional)

### **Directions**

1. Wash hands and surfaces.
2. Preheat oven to 375 F.
3. Wash the seeds and spread them on a cookie sheet.
4. Roast the seeds until dry, typically about 20 minutes.
5. Dot the seeds with butter or margarine and heat for 5-10 more minutes at 400 F, stirring the seeds often.
6. For extra flavor, sprinkle the roasted pumpkin seeds with garlic powder, onion powder or Parmesan cheese. Store in a covered container.



### **Cooking tip**

Try making a sweet treat by sprinkling the seeds with cinnamon and a little sugar.



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## Pumpkin Cookies

Servings: 24

### Ingredients

- One 15-ounce can pumpkin puree
- 1 cup packed brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1½ cups flour
- 1¼ cups whole-wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon salt
- 1 cup raisins
- 1 cup chopped nuts of your choice (optional)

### Directions

1. Wash hands and surfaces.
2. Preheat oven to 400 F.
3. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix until smooth.
4. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
5. Stir in raisins and nuts.
6. Drop the dough by a tablespoon onto a greased baking sheet, 1 inch apart.
7. Bake 10–12 minutes until tops are dry and begin to brown.

