



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*



October is the time for Pumpkins!

Pumpkins are a member of the squash family. While we all think of Halloween and Jack-O-Lanterns the pumpkin is one of the most nutritious fruit/vegetable out there.

Why?

The pumpkins are low in calories, saturated fat, cholesterol, and sodium yet packed with vitamins and fiber all benefiting heart health, the immune system, healthy skin and eye sight.

You can make pumpkin puree at home with fresh pumpkin or the canned pumpkin is a great choice. During the canning process many of the health benefits are retained. It is best to stay clear of the pumpkin pie mix - that has the added sugar and syrups.

Ideas range from soups, casseroles, breads, cakes, muffins, cookies and dips!
So many recipe choices to choose from and good all year long.

Puree Pumpkin

Ingredients: One 4-6 pound pumpkin

Makes: 4 cups

Directions:

- 1) Pre heat oven to 375 degrees
- 2) Slice the pumpkin in half, scoop out the seeds and threads
- 3) Place the cut side down on a baking sheet lined with foil
- 4) Roast uncovered for 40-60 minutes
- 5) Remove from the oven and cool, discard the outer skin
- 6) Using a blender or food processor - puree until smooth
- 7) Freeze pumpkin for 3-4 months in appropriate freezing containers

Nutrition :

Serving: 1 cup

Calories:

30Carbohydrates: 8 gm

Protein: 1.2 gm

Total fat: 0.1 gm



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