

This month I'll share some ideas for using pumpkin to make something other than pie. You will also find ideas for using pears. Enjoy! Jan Temple

PUMPKIN



Pumpkins and fall just seem to go together. Nutritionally, pumpkin is packed with vitamins A and C while being free of fat, sodium and cholesterol. You may enjoy roasting

the seeds from your Jack-O-Lantern, but you won't want to cook it for eating the flesh. **Make roasted pumpkin seeds by washing seeds and baking them for 20 minutes at 375°. Spray with low-fat butter spray.**

Pumpkins grown for decoration are usually too stringy to eat and often too large. Sugar pumpkins, a smaller, sweeter variety, are much better. For most of us, purchasing canned pumpkin fits into our cooking schedule, budget, and palate. The following recipes use canned pumpkin.

PUMPKIN RAISIN OATMEAL —SERVES ONE



1 tablespoon seedless raisins
1/4 cup canned pumpkin
1/2 teaspoon pumpkin pie spice or cinnamon

1/2 cup oatmeal, uncooked
1 cup water

Combine raisins, pumpkin, spice, oatmeal and water in a 1.5 qt. microwave-safe dish. Microwave at full power 3 to 4 minutes. Stir. May be served with fat free milk.

Each serving: 174 calories, 3.3 g fat, <1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 33 g carbohydrate, 6 g fiber, 5.8 g protein.

Source: Communicating Food for Health, October 2005

EASY PUMPKIN PUDDING — SERVES 4

1 cup canned pumpkin
1 package (4-serving size) sugar-free, fat-free, instant vanilla or butterscotch pudding mix
1 teaspoon pumpkin pie spice
1 1/4 cups fat free milk

Mix all ingredients together. Chill in individual bowls or larger serving bowl. Serve as a topping with Autumn Angel Cake or use as dessert and serve with nondairy whipped topping. May garnish with ground cinnamon.

Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

Source: Communicating Food for Health, October 2003

AUTUMN ANGEL CAKE — SERVES 14

There are about 2 cups of pumpkin in a 1 pound can of puree. After you make the pumpkin pudding, use the leftover to try this autumn dessert.

1 cup canned pumpkin
1 teaspoon vanilla extract
1 1/2 teaspoons pumpkin pie spice
1 package (16 oz.) one-step angel food cake mix



In a large bowl, combine the pumpkin, vanilla and spice. Prepare cake mix according to direction on package. Fold a fourth of the batter into the pumpkin mixture. Gently fold in the remaining batter. Gently spoon into an ungreased 10 inch tube pan. Cut through batter with a knife to remove air pockets. Bake on the lowest oven rack at 350°F for 38-44 minutes or until top is golden brown and cake springs back when lightly touched. Immediately invert pan onto a wire rack; cool completely, about 1 hour. Run a knife around sides of cake and remove to a serving plate. Garnish each slice with non-dairy whipped topping sprinkled with ground cinnamon as a garnish. You may also serve with a dollop of Pumpkin Pudding.

Each piece: 136 calories, .2 g fat, (0 g saturated fat), 0 mg cholesterol, 255 mg sodium, 31 g carb, 1 g fiber, 3 g protein.

Adapted from Light and Tasty, Reiman Pub., Feb/Mar 2003

AUTUMN PARFAIT - SERVES 4

1 recipe Easy Pumpkin Pudding – ~2 cups pudding
1 cup nondairy whipped topping
8 gingersnap cookies, crushed – about 1/2 cup crumbles



Put 1/4 cup pudding in the bottom of each of 4 parfait glasses; top with 2 tablespoons nondairy whipped topping; sprinkle with 1 Tablespoon ginger snap crumbles. Repeat layers. Serve.

Each serving: 181 calories, 4.1 g fat, 2.6 g saturated fat, 0.5 g trans fat, 1.7 mg cholesterol, 430 mg sodium, 31 g carbohydrate, 2 g fiber, 13.8 g sugar; 4 g protein.

PUMPKIN LAYERED DESSERT

This is a serving suggestion more than a 'recipe'. For a dramatic, yet easy dessert, layer cubes of the Autumn Angel Cake in a pretty bowl, cover with Easy Pumpkin Pudding, and top with nondairy whipped topping. Repeat layers. You may wish to dust with a little ground cinnamon or pumpkin pie spice.



AUTUMN TRAIL MIX - 18 ONE CUP SERVINGS

This would make a great snack for a youth group. Assign students to bring different ingredients and mix as one of the activities at the get together. Serve with cold low-fat milk or orange juice. Name of cereal I used is in brackets; name in parenthesis is a suggested whimsical name that could make a fun guessing game.

- 4 cups air popped popcorn (cumulus clouds)
- 2 cups cocoa frosted whole grain wheat cereal
[Chocolate Frosted Mini Wheats®] (storm clouds)
- 2 cups crunchy oatmeal cereal flavored with cinnamon or brown sugar [Quaker Oatmeal Squares®] (stars)
- 2 cups whole grain flake cereal [Total®] (leaves)
- 2 cups pretzel sticks (twigs)
- 2 cups oven baked oat cereal [Cracklin' Oat Bran®] (beetles)
- 2 cups oven toasted rice cereal with a touch of cocoa
[Chocolate Chex®] (cobwebs)
- 1 cup raisins (ants)
- 1 cup peanuts – optional (cocoons)

Combine all ingredients together in a large plastic sack; shake until mixed. To control portions, divide into servings and place in individual bags or sealable bowls.
Each cup with peanuts: 194 calories, 5.8 g fat, 1.2 g saturated fat, 0 g Trans fat, 0 mg cholesterol, 160 mg sodium, 34 g carbohydrate, 11.4 g sugars, 4 g fiber, 5 g protein.

PEARS – AS A CENTERPIECE

- 12 pears, preferably different colors (Bosc, Bartlet, Anjou)
 - 1 cup dried cranberries
- Large clear decorative bowl or vase
Place half the cranberries on the bottom of the bowl or vase. Layer pears on top in a decorative pattern. Sprinkle remaining cranberries in the last layer. Keep chilled until ready for use. Use as a centerpiece for dinner or dessert.



Source: Communicating Food for Health, October 2010

DRIED FRUIT GIFT PLATTER - 8 SERVINGS

This is a healthier alternative to cookies and easier, too!



- 1/2 cup golden raisins
- 1/2 cup dried blueberries
- 1/2 cup dried cranberries
- 1/2 cup halved dried figs (cut in half to improve appearance)

Make a fun and decorative pattern with dried fruits.
Each 1/4 cup serving: 113 calories, 0.2 g fat, (0 g saturated fat), 0 g Trans fat; 0 mg cholesterol, 2.4 mg sodium, 28.6 g carb, 2.5 g fiber, 1 g protein.

Source: Communicating Food for Health, October 2010

FALL PEAR SALAD

- 8 cups mixed greens, washed
 - 2 sliced Red Bartlett pears
 - 1/4 cup sliced dried figs
 - 1/4 cup mixed dried fruit:
golden raisins, blueberries, cranberries
 - 2 Tablespoons toasted walnut pieces
 - Balsamic vinegar to taste
- Place the greens in a large bowl and top with pears, figs, dried fruit, and walnut pieces. Serve vinegar on the side.
Each serving: 140 calories, .28 g fat, 0.3 g saturated fat, 0 g trans fat; 0 mg cholesterol, 26 mg sodium, 29 g carb, 6 g fiber, 3 g protein.
Source: Communicating Food for Health, October 2010



MANAGE STRESS AND PRACTICE

MINDFUL EATING

Let's face it; actions speak much louder than words when it comes to managing your weight. The way you treat your mind and body can keep your waistline in check more than you know. Since stress is a big factor in our busy, over-scheduled lives, planning healthful meals and snacks can take a side step to convenience. Although research has shown that stress itself can cause hormonal changes in the body which may lead to weight gain – when combined with unhealthy behaviors creates the recipe for pounds and inches creeping on. Do you eat more or mindlessly eat when stressed out? Do you lose sleep and eat processed foods over the whole, fresh foods? Being present in the moment can help you stop, evaluate and feel fullness before taking another bite, unbuttoning your pants or getting heart burn that is caused by overeating. Whether or not mindfulness leads to weight loss is still being investigated, but there is some evidence that people who live more mindfully – by practicing meditative techniques like yoga – have avoided midlife weight gain.
Source: Communicating Food for Health, October 2010

MAKE FOOD SWAPS

Substitute healthy foods for not-so-healthy ones. Keep food around like baby carrots, cut-up peppers, broccoli florets, edamame (soybeans). The less temptation you have in front of you, the less you will reach for comfort from food when stressful times arise. Plan to take healthful food with you to avoid eating on the run!
Source: Communicating Food for Health, October 2010

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