

# Pick a *better snack*<sup>™</sup> – WINTER SQUASH

## WINTER SQUASH (PUMPKIN)

Wash. Cook. Eat. How easy is that?



- Make roasted pumpkin seeds by washing seeds and baking them for 20 minutes at 375°. Spray with low-fat butter spray and top with garlic powder.

- Boil chunks of pumpkin for 25-35 minutes. Spread on toast and top with cinnamon and a dash of sugar.
- Take canned pumpkin filling and mix with vanilla pudding for a tasty snack.

**Buying tips:** Choose well shaped pumpkins that are firm and slightly heavy. It should have tough skin without any wrinkles or blemishes.

**Special tips:** To wash, rinse well with cold water mixed with a little chlorine to get rid of bacteria.

**Storing tips:** Store dried pumpkin on a board, in a cool, dry, dark place. It will keep for several months.

**Serving size:** ¾ cup cooked or ½ cup canned

*Fruits and vegetables are*

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*

## WINTER SQUASH (PUMPKIN)

### PUMPKIN CUSTARD

- 1 1/2 cups canned pumpkin
- 1/4 cup apple juice
- 3 egg whites, slightly beaten
- 1 can (12 ounces) evaporated skim milk, scalded
- 1 Tablespoon pumpkin pie spice
- 1/4 cup brown sugar

Stir all ingredients thoroughly in a mixing bowl. Pour mixture into 1 1/2-quart soufflé dish or 9-inch glass pie plate, sprayed with nonstick cooking spray. Sprinkle with brown sugar. Bake at 400°F for 35 to 45 minutes or until knife inserted near center comes out clean. Makes 6 servings.

### ACTIVITIES

- Plan a day without a car and walk to errands or work.
- Clean the top kitchen cabinets for a great upper body stretch.
- Use a book for posture--sit and stand 5 times with a book on your head.

*Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.*

For other snack ideas go to:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

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## ON THE GO - WITH PUMPKIN!

When we think of snacks, pumpkin is probably not one of the first foods that would come to mind. However, pumpkins and fall just seems to go together.

Nutritionally, pumpkin is packed with vitamins A and C while being free of fat, sodium and cholesterol. AND, with a little creativity, we CAN figure a way to actually snack ON the GO with Pumpkins!

You may enjoy roasting the seeds from your Jack-O-Lantern, but you won't want to cook it for eating the flesh. 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.

Wash. Cook Eat How easy is that?

### Take Pumpkin With You!

- Take a brisk walk with family or friends and nibble on roasted pumpkin seeds. Either purchase the seeds or make your own by washing seeds and baking for 20 minutes at 375 degrees. For flavor, spray with low-fat butter spray and top with garlic powder.
- Election Day is this week. Enjoy a slice of pumpkin bread on your way to the polls.

## PUMPKIN BREAD (Makes 2 loaves – 16 slices each)

1 cup sugar  
¼ cup vegetable oil  
1 15 oz. can pumpkin puree  
1 cup low-fat yogurt  
2 cups all-purpose flour  
1 cup whole wheat flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons cinnamon  
¼ teaspoon salt  
1 cup raisins



In a large bowl, beat together sugar, oil, pumpkin and yogurt. In a medium bowl, sift together the dry ingredients: flours, baking powder, baking soda, cinnamon and salt. Fold dry ingredients into the pumpkin mixture stirring just to moisten the dry ingredients. Stir in the raisins. Pour into two greased 9x5x3-inch loaf pans. Bake for 1 hour at 350 degrees or until pick inserted in the center comes out clean. Let cool for 10 minutes before removing from pan. Cool completely. Each slice has only 100 calories and 2 grams fat.

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*Printed with funds from the Iowa Nutrition Network and the Food Stamp Nutrition Education Program, United States Department of Agriculture.*

*These programs are Equal Opportunity Providers and Employers.*

*The Food Stamp Program provides nutrition assistance to people with low-income. It can help you buy nutritious foods for a better diet.*

*To find out more about food stamps, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-800-972-2017*

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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## WINTER SQUASH - PUMPKIN

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Pumpkin, one of several popular varieties of winter squash, is known for its hard skin which enables it to be stored for several months. Acorn and butternut, two other popular varieties, have distinct flavors, but may be used interchangeably in recipes. The longer a squash grows, the sweeter it will be. Signs of good quality include a smooth, dry skin that is dull in appearance. A shiny skin occurs when the squash was picked immaturely. Choose those heavy for their size.

## LIONS, TIGERS AND BEARS – PUMPKIN PIE!

1 ½ tsp Butterscotch Instant Sugar-Free Pudding Mix  
¼ cup Fat Free Milk  
¼ cup Canned Pumpkin Puree  
1/8 teaspoon Pumpkin Pie Spice  
Assorted Animal Crackers

In a pint size, freezer weight, plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Open bag; add pumpkin and spice. Close bag; shake to mix pumpkin. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!

## CRISP PUMPKIN COOKIES MAKES 9 DOZEN

*A thin refrigerator cookie. Make up the dough ahead and bake cookies as you want them – warm, fragrant, and fresh from the oven.*

2 cups sugar  
1 cup applesauce  
2 eggs, beaten  
4 C. all-purpose flour  
2 C. whole wheat flour  
¼ teaspoon salt  
1 teaspoon baking soda  
3 Tbsp pumpkin pie spice  
2 cups canned pumpkin  
1 cup chopped nuts

Using an electric mixer, blend sugar and applesauce; add eggs. In a separate bowl, stir together flours, salt, soda, and spice; mix dry ingredients into creamed mixture alternately with the pumpkin. Add nuts. Form into two logs, wrap in waxed paper and chill thoroughly in refrigerator until dough is stiff – several hours or overnight. Preheat oven to 375°F. Spray baking sheets with nonstick vegetable spray. Slice dough thin, about 1/8 inch, and bake for 10-12 minutes. Remove promptly to cooling rack. Cookies will be thin, light, and crisp.

Including YELLOW/ORANGE in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers