

October
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EAT BETTER FOR LESS


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Five Reasons We are Pumped for Pumpkins this Month!


October is National Pumpkin Month! Let's discover the many benefits of this nutritious plant.


Fun Facts




 Pumpkins are an excellent source of vitamin A and a good source of fiber and other essential nutrients.

 Pumpkins are a member of the Cucurbitaceae family, which also includes squash, cantaloupe, cucumbers, watermelon, and gourds.

 While botanically they are considered a fruit due to their seeds, they are classified as a Red and Orange Vegetable in MyPlate.

 It is recommended that young children eat 2½ - 3 cups of Red and Orange Vegetables, such as pumpkin, each week.

 Canned pumpkin can be used in baked goods, smoothies, pancakes and waffles, soups, dips, and pudding. If you don't use all of the pumpkin, freeze it in freezer-safe bags for later.

Did You Know?

You can eat the pumpkins used for fall decorations? As long as the gourd is in good condition and hasn't been carved, it can be used in any recipe.

Learn how to process your pumpkin at <https://food.unl.edu/can-you-eat-your-pumpkin>.



Pumpkin Pudding

Ingredients

- 1 can (15 ounces) pumpkin or 2 cups cooked mashed squash (such as Hubbard)
- 1/8 teaspoon salt
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1 1/2 cups nonfat or 1% milk
- 1 package (makes 4 servings) instant vanilla pudding mix

Directions

1. In a large bowl, mix pumpkin, salt and pumpkin pie spice together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.
5. Refrigerate leftovers within 2 hours.

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Resources: Laura DeWitt, University of Nebraska-Lincoln Extension; food.unl.edu/free-resources/newsletters/food-fun-young-children/try-each-part-pumpkin-new-way; www.eatgathergo.org/recipe/pumpkin-fruit-dip/

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