

STAYING WELL

Pumpkins

The bright orange color of pumpkins gives it away that they are a great source of Vitamin A.

Vitamin A Helps you resist infection, and helps in the growth and repair of body tissue.



Canned Pumpkin:

Unable to make your own pumpkin puree. Don't worry, canned pumpkin is just as healthy and loaded with the same nutrients as fresh pumpkin! Be sure to buy regular canned pumpkin and not pumpkin pie filling that has added sugar.

Pumpkin Angel Food Cake:

How to select and store fresh pumpkins:

Pumpkins are readily available during the late summer and through the fall season. Watch for them on sale around Halloween and Thanksgiving. When purchasing or picking pumpkins, choose pumpkins that are firm and heavy for their size. Round pumpkins tend to be lighter and less meaty than oblong pumpkins. Store Pumpkins in a cool, dark place. They have a 2 to 3 month average storage time.

Cooking:

Due to their tough outer skin, pumpkins are cooked and only the inside flesh is eaten. To make pumpkin puree cut a fresh pumpkin into 5-inch square pieces and remove the seeds and strings. Arrange pieces in a single layer, skin side up, in a large, shallow baking pan. Cover with foil. Bake at 375°F for 1 to 1.5 hours, until tender.

Ingredients:

- 1 package angel food cake mix
- 1 tablespoon flour
- 1 teaspoon pumpkin pie spice
- 3/4 cup canned pumpkin puree
- 1 cup cold water

Directions:

- Preheat oven to 350°F
- In a large bowl, beat all ingredients with an electric mixer on low speed for 30 seconds. Beat on medium speed for 1 minute.
- Pour into an ungreased 10-inch angel food cake pan.
- Bake 37-47 minutes or until golden brown and cracks are dry.
- Remove from oven and immediately turn pan upside down until cooled.



Source: Utah State University Extension, Recipe: USDA Mixing Bowl



UW-Extension, FoodWise- Florence, Forest, Oneida & Vilas Counties

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