

Pick a better snack – Pumpkins **Wash. Cook. Eat. How easy is that?**



On the Go – with Pumpkins! *Quick nibbles:*

- Wash fresh pumpkins well to remove any dirt. Cut in half or into chunks. Boil, steam, bake or microwave pumpkin until tender. Cool. Remove the skin. Mash. Cover and refrigerate any leftovers within two hours.
 - Spread cooked pumpkin on toast and top with cinnamon and a dash of sugar.
 - Stir cooked pumpkin into prepared vanilla pudding for a quick-and-tasty snack or dessert.
- Prepare roasted pumpkin seeds by first removing the seeds from the center of a fresh pumpkin. Wash seeds to remove the pumpkin flesh. If desired, spray with low-fat butter spray and top with garlic powder. Bake in an oven at 375° F. for 20 minutes, or until crispy.



Did you know?

- Pumpkins grown for decoration are usually too stringy to eat. Smaller and sweeter fresh pumpkins are much better to cook with. • Pumpkins are an excellent source of vitamin A and are also high in vitamin C, potassium and dietary fiber. • Pumpkins, acorn squash and butternut squash are popular kinds of winter squash. They have distinct flavors but may be substituted for each other in recipes.

Buying and storing tips:

A good quality pumpkin has a tough, smooth, dry skin that is dull in appearance and without any wrinkles or blemishes. Choose those heavy for their size.

Pumpkins have a hard skin, which enables them to be stored in a cool, dry, dark place for several months without spoiling.

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

