

# Food Facts

## Fridley Public Schools Nutrition Education

October 2022



# PUMPKIN



### BUY & PREPARE



When looking for pumpkins for cooking, look for small pie pumpkins. The larger the pumpkin, the less flavor they hold



Look for firm and smooth pumpkins that don't have any cracks or bruises



Pumpkins can last up to 2 months off the vine when kept in cool, dry locations



To cook your pumpkin, preheat oven to 350°F and line a baking sheet. Cut pumpkin so you have two equal halves. Brush pumpkin with cooking oil of choice and desired seasoning. Pierce the pumpkin 3-4 times. Bake for approximately 45 minutes. After cooled, scoop out inside of pumpkin and puree using a standing blender or immersion blender.

### NUTRITION RULES



Pumpkins get their beautiful orange color from Vitamin A, which pumpkins have a lot of



1 cup of pumpkin puree can provide over 200% of your Daily Value of Vitamin A!



Our bodies use Vitamin A for our vision & eye health as well as our immune system



Pumpkin seeds are an excellent source of iron and contain good source of protein



### Pumpkin Facts

- The heaviest pumpkin ever grown in the United States weighed 2,528 lbs
- Pumpkins are native to Central America and Mexico
- Every part of the pumpkin can be eaten, including the skin, leaves, flowers, and stem



# Pumpkin Hummus

**Makes 2 cups | Total time: 15 minutes**



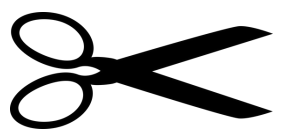
## Ingredients

- 15 oz can garbanzo beans, drained and rinsed
- 3/4 cup pumpkin puree, not pie filling
- 3 tbsp extra-virgin olive oil
- 3 tbsp tahini
- 2 tbsp lemon juice
- 2–3 cloves garlic
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/8 tsp cinnamon
- Hot sauce (optional)

## Directions

1. Add all ingredients to a food processor
2. Process/grind ingredients until smooth and creamy
3. Transfer hummus to a bowl and serve with vegetables or crackers of any kind!

Grace, Kaylie. "Pumpkin Hummus". Recipe. Purely Kaylie. N.p. 4 Nov. 2021. Web. 18 July. 2022. <[https://www.purelykaylie.com/pumpkin-hummus/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_smartloop&utm\\_content=smartloop&utm\\_term=60311248](https://www.purelykaylie.com/pumpkin-hummus/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=60311248)>



# Kaddu ka bharta (Indian Pumpkin Curry)

**4 servings | Prep time: 10 minutes | Total time: 30 minutes**



## Ingredients

- 600 grams Pumpkin (about 4 cups, peeled and cut pieces)
- 1 tablespoon Ghee or Oil
- 1 teaspoon Cumin seeds (Jeera)
- 1 Green Chili Pepper diced (optional)
- ½ tablespoon Ginger grated
- ½ tablespoon Garlic minced
- 1 cup Onion diced
- 1 cup Tomato chopped
- ¼ cup Water

## Spices

- ½ teaspoon Garam Masala
- 1 teaspoon Dry Mango powder (Amchur) or lime juice
- ½ teaspoon Sugar or crushed jaggery, adjust to taste
- Cilantro leaves to garnish
- ¼ teaspoon Ground Turmeric (Haldi powder)
- 2 teaspoon Coriander powder (Dhaniya powder)
- ¼ teaspoon Red Chili powder (Mirchi powder) adjust to taste
- 1 teaspoon Salt adjust to taste

## Directions

- Start with heating a large pan (or kadhai) on medium-high heat. Add oil to it.
- Add cumin seeds and let them sizzle. Then add green chili, onions, ginger and garlic and saute for 3–4 minutes until the onions soften.
- Then add tomatoes and spices. Stir them well and let the tomatoes soften for 2–3 minutes.
- Add cut pumpkin pieces and water. Mix well. Cover and cook for 10–15 minutes until the pumpkin is cooked through. Check that the pumpkin is softened by mashing a piece.
- Add garam masala, dry mango powder, sugar and mix with the pumpkin. You can eat this curry as is with some chunks or mash the cooked pumpkin pieces with a masher in the pot.
- Garnish with cilantro and pumpkin curry is ready to be enjoyed with parathas or naan.

Arora, Meeta. "Indian Pumpkin Curry" (Kadd ka Bharta." Recipe. Piping Pot Curry. N.p. 1 February. 2022. Web. 12 July. 2022. <<https://pipingpotcurry.com/indian-pumpkin-curry/>>