



## Canned Pumpkin

Vegetables that are dark orange in color such as pumpkin, winter squash and carrots are high in vitamin A. We need vitamin A to keep our mouth, nose, throat and digestive tract healthy. Vitamin A helps our bodies to fight germs, and keeps our skin healthy.

### Nutrition Information

Pumpkin is part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid,  $\frac{1}{2}$  cup of pumpkin provides  $\frac{1}{2}$  cup of vegetables from the vegetable group. A typical person should try to eat  $2\frac{1}{2}$  cups of vegetables every day.

Dark orange colored vegetables are great sources for vitamin A.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened pumpkin in a tightly covered plastic container in the refrigerator.

**Use within 2 to 4 days!**

**Do not use canned pumpkin if can is rusted, bulging, or dented. Throw it away!**



Know how. Know **now**.

# Recipes



## Pumpkin Bars

24 servings

1 (15 oz.) can pumpkin  
½ c. water

1 (18.25 oz.) box spice cake  
mix

1. Preheat oven to 350°F. Grease a 10x15-inch baking pan. Set aside. A muffin pan may also be used.
2. In a large mixing bowl, combine all ingredients until well blended.
3. Bake for 15 to 20 minutes or until a toothpick inserted near the center comes out clean.

**Nutrition Information per Serving:** Calories 100, Total Fat 2.5 g (4% DV), Saturated Fat 1 g (5% DV), Cholesterol 5 mg (2% DV), Sodium 170 mg (7% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber <1 g (3% DV), Sugars 10 g, Protein 1 g, Vitamin A 60%, Vitamin C 2%, Calcium 2%, Iron 4%.



## Pumpkin Pudding

6 servings

1 (5.1 oz.) pkg. instant  
vanilla pudding mix,  
regular or sugar-free  
2 c. low-fat milk

1 (15 oz.) can pumpkin  
4 oz. whipped topping  
1 tsp. ground cinnamon

1. In a medium sized bowl, mix pudding and milk with an electric mixer for 1 to 2 minutes.
2. Add pumpkin to pudding mixture and mix well. Stir in whipped topping with whisk or spoon.
3. Add cinnamon and mix well.
4. Chill until served.

**Nutrition Information per Serving:** Calories 190, Total Fat 3.5 g (6% DV), Saturated Fat 3 g (14% DV), Cholesterol 5 mg (1% DV), Sodium 410 mg (17% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 2 g (9% DV), Sugars 34 g, Protein 4 g, Vitamin A 220%, Vitamin C 4%, Calcium 15%, Iron 6%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usd.gov/fdd/facts/hpfacts/hp-csfp.htm>