

PUMPKIN

Pumpkins come in many shapes, sizes, and varieties. It is popular to use the puree in a can, but it isn't difficult to cook using the whole pumpkin. Often locally grown, pumpkin is a healthy and rich addition to a fall meal.

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BEST COOKING METHODS

- ROASTED
- BOILED
- STEAMED
- BAKED

RECIPE IDEAS

- RAVIOLI
- ROASTED WITH SWEET POTATO AND SAGE
- SOUP

STORAGE

- Whole pumpkins can be stored in a cool room, while sliced segments should be put in the fridge.

NUTRITION

- Very low calorie.
- Good source of Vitamins A, C and E.

TIPS

- Save the seeds, they can be washed and roasted for a healthy snack, or for topping a salad.
- Roast with the skin on, let cool, then more easily remove the skin.

FRESH PUMPKIN SOUP

- **2 tbsp** butter
- **1** onion, diced
- **2** carrots, peeled and diced
- **1** apple, peeled and diced
- **2 c** fresh pumpkin(roasted and diced)
- **1 tbsp** dried sage (or 3 tbsp fresh, chopped sage)
- **3 c** chicken or vegetable stock
- **1 c** cream
- **Salt & freshly ground black pepper**

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IN A STOCKPOT OVER MEDIUM HEAT, MELT BUTTER AND SAUTE ONION, CARROT, APPLE, ROASTED PUMPKIN, AND SAGE UNTIL ALL ARE TENDER, ABOUT 8 TO 10 MINUTES.

PUREE IN A FOOD PROCESSOR OR BLENDER. RETURN THE PUREE TO THE STOCKPOT, ADD THE CHICKEN STOCK AND SIMMER FOR 15 MINUTES.

THEN ADD THE CREAM AND SIMMER FOR 5 MORE MINUTES, LOWERING THE HEAT IF NECESSARY SO IT DOES NOT BOIL. SEASON, TO TASTE, WITH SALT AND PEPPER.

DIVIDE SOUP AMONG 4 SOUP BOWLS AND SERVE IMMEDIATELY.

COOK'S NOTE: TO ROAST PUMPKIN, PREHEAT OVEN TO 400 DEGREES F. CUT WHOLE PUMPKIN IN HALF AND THEN CUT EACH HALF INTO SEVERAL PIECES. WASH PULP AWAY, AND RESERVE SEEDS FOR ANOTHER USE. PLACE PUMPKIN ON A BAKING SHEET, DRIZZLE WITH OLIVE OIL, AND SEASON WITH SALT AND PEPPER. ROAST IN OVEN UNTIL TENDER BUT NOT FALLING APART, ABOUT 30 TO 40 MINUTES. LET COOL, PEEL AWAY SKIN, AND DICE.

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