

Trick
or
Treat



Happy

Halloween

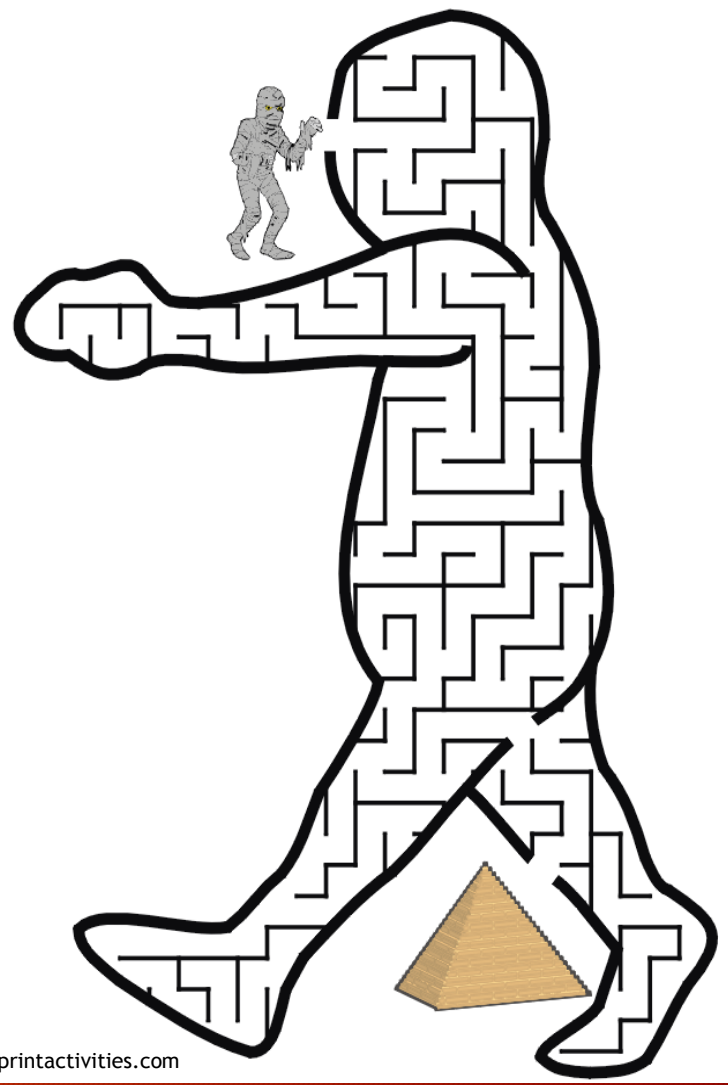


This year instead of carving pumpkins try painting or coloring a face with markers- and use the pumpkin in one of our healthy Delicious recipes!

Pumpkin Puree

1. Preheat the oven to 375 degrees.
2. Cover a baking sheet with foil.
3. Cut the pumpkin in half crosswise.
4. Scoop out the seeds.
5. Place the pumpkin halves cut side down on the baking sheet.
6. Bake at 375 degrees for 45 minute or until the skin darkens and it can easily be pierced by a fork.
7. Remove from oven and let cool.
8. Remove the skin.
9. Place one half of the pumpkin in a bowl, blender, or food processor and puree until smooth.
10. Use in a recipe, or freeze it for future use.

Guide the lost mummy through the mummy shaped maze to find his pyramid.



Pumpkin Pancakes

* Indicates WIC Foods

Ingredients

3 cups whole grain flour
¾ tsp salt
2 tsp baking soda
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp ginger
3 Tbsp brown sugar
2 cups **pumpkin puree***
3 cups **milk***
3 **eggs***

Directions

1. In a large bowl, mix together flour, salt, baking soda, cinnamon, nutmeg, ginger, and brown sugar, combining well.
2. Add pumpkin, milk, and eggs to dry ingredients and mix gently.
3. Heat griddle to medium heat and grease lightly.
4. Scoop about 1/3 cup of batter onto griddle and let cook until *lightly* browned, about 3 minutes.
5. Let other side cook again until lightly browned.
6. Repeat these steps until all the batter is gone.

Pumpkin Pasta Bake

Ingredients

1 bunch of **kale***
3 cups **pumpkin puree***
1 **onion***
1 tsp thyme
½ tsp nutmeg
Salt & pepper
¼ cup breadcrumbs
1 lb. whole grain pasta
2 Tbs butter
¼ cup **cheddar***
½ cup **low fat milk***

Directions

1. Preheat the oven to 350 F.
2. Cook the pasta according to directions.
3. As the pasta cooks, melt the butter over medium heat.
4. When the butter is melted, add the onion and cook for 1 minute.
5. Add the kale, nutmeg, and thyme, and cook 5 minutes.
6. Add the pumpkin puree, cheddar, and milk to the skillet.
7. Season with salt and pepper to taste.
8. Drain the pasta and mix with the pumpkin mixture.
9. Pour into a 9x13 pan and top with breadcrumbs.
10. Bake until the top is golden, 25-30 minutes.

Pumpkin Chili

Ingredients

1 tablespoon olive oil
1 large **onion***
4 **garlic cloves***
2 cups **pumpkin puree***
1 cup **canned tomatoes***
1 cup vegetable stock or water
1 can **black beans***
1 can **garbanzo beans***
1 Tbsp cumin powder
2 Tbsp chili powder
salt and pepper

Directions

1. In a large pot or skillet, cook chopped onion and minced garlic in olive oil for about 5 minutes on medium heat until soft.
2. Add pumpkin, canned tomatoes, vegetable stock (or water), black beans, garbanzo beans, and spices.
3. Bring to boil, stirring to mix all ingredients.
4. Reduce to simmer and cook for 20 minutes on simmer.
5. Serve with **Brown rice***

