

PUMPKIN PUREE AND ROASTED PUMPKIN SEEDS

- 1 pumpkin
 - Olive oil
 - Salt
 - 2 lined baking sheets
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1. Heat oven to 400 degrees.
2. Slice a small piece of skin off one side of the pumpkin so when laid on its side, the pumpkin will lay flat.
3. Remove the stem and split the pumpkin in half from top to bottom, using a large knife.
4. Scoop out the seeds and fiber with a large metal spoon. Save the seeds for roasting.
5. Rinse the seeds and place the seeds on baking pan lined with foil or parchment paper in a single layer.
6. Sprinkle seeds with a little salt and olive oil.
7. Lay the halves of the pumpkin, flat side down, on another baking pan.
8. Roast both pumpkin and seeds 30 to 45 minutes.
9. Seeds are done when they are slightly brown on the edges. Pumpkin is fully cooked when a fork is easily inserted into pumpkin.
10. Place cooked pumpkin on a cooling rack and cool for 1 hour.
11. Using a large spoon, remove the roasted flesh of the pumpkin from the skin to the bowl.
12. Place pumpkin flesh in a food processor, or mash with a potato masher until texture is smooth.
13. Pumpkin puree can be stored in the fridge for up to 1 week or freeze for up to 3 months, and can be used in recipes that call for pumpkin puree like pumpkin pie, pumpkin bread, or pumpkin dip etc.

Recipe adapted from *Alton Brown*.

PUMPKIN DIP

- 1 (15 oz can) pumpkin puree
 - ¼ cup powdered sugar
 - 1 cup low-fat cream cheese
 - 1 teaspoon ground cinnamon
 - ⅛ teaspoon ground nutmeg
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1. In a blender, mix pumpkin puree, low-fat cream cheese, sugar, ground cinnamon, and nutmeg.
2. Blend until smooth
3. Serve with whole wheat graham crackers, apple wedges, or use as a spread on whole wheat toast.

Recipe adapted from *Cooking Matters for Kids*.
