



October



Pumpkin Tips

- Pumpkin varieties range in color from green to orange, red, and yellow. When choosing a pumpkin, you cannot rely on the color. Look for a pumpkin with 1 to 3 inches of stem left.
- When handling your pumpkin, do NOT carry it by the stem. The stem is NOT a handle. Once the stem breaks off, that section becomes exposed, and your pumpkin may spoil early.
- The rind will be hard. It would be best if you are careful when handling pumpkins to prevent bruises, scratches, or cuts to prevent bacteria from spoiling the pumpkin.
- Store whole, unblemished pumpkins in a cool dark place where the temperature is between 50-60°F. When the temperature drops below freezing, the pumpkin will expand and collapse or burst, making a watery mess when the pumpkin thaws. If the temperature is too warm, it will promote the growth of bacteria. If the air is too dry, it will cause the pumpkin to shrink faster, and if the humidity is too high, it will promote spoilage.
- Place pumpkins in a single row off the floor to allow for good air circulation. Do not store pumpkins in piles or directly on the floor. If pumpkins are stored too close together, the heat generated by the pumpkins can lead to rot. Be careful storing pumpkins on the floor; the moisture from the floor and the pumpkins will promote decay. If you must keep pumpkins on the floor, place them on a cardboard, an old rug, straw, or wood, to help prevent spoilage.
- Do not store pumpkins or winter squash near apples, pears, or other ripening fruits. This will shorten their storage life due to the release of ethylene gas produced by the other ripening fruit.
- Before making a dish with your pumpkin, wash or scrub with clean running water and a good vegetable brush; (soap is unnecessary) before cutting or cooking.
- A one-cup serving of cooked pumpkin that is boiled and drained with no added salt provides 49 calories, 1.8g of protein, 12g of carbohydrates, and 0.2g of fat. Pumpkin is a great source of vitamins A and C, potassium, and phosphorus.





Pumpkin Breakfast Cookies

Soft pumpkin breakfast cookies made with canned pumpkin, whole wheat, and warm fall spices.

Yield: 48 Cookies

Time: 30 Minutes

Ingredients

- 1 $\frac{3}{4}$ cups cooked, pureed pumpkin (15 ounce can)
- 1 cup packed brown sugar
- 2 eggs
- $\frac{1}{2}$ cup vegetable oil
- 1 $\frac{1}{2}$ cups flour
- 1 $\frac{1}{4}$ cups whole-wheat flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped nuts (any type)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
4. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
5. Stir in raisins and nuts.
6. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
7. Gently flatten each cookie with the back of a spoon.
8. Bake 10 to 12 minutes until tops are dry and begin to brown.



Source: <https://foodhero.org/recipes/pumpkin-breakfast-cookies>



Pumpkin Ricotta Stuffed Shells



A rich, creamy recipe that combines fall flavors with satisfying pasta.

Yield: 4 Servings

Time: 65 Minutes

Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 1 ¼ cups nonfat ricotta cheese
- ¾ cup pumpkin
- ½ teaspoon garlic powder or 2 cloves garlic, minced
- 2 Tablespoons basil
- ¼ teaspoon sage
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup grated parmesan cheese, divided
- 1 cup pasta sauce

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
4. In a medium bowl, stir together ricotta, pumpkin, spices and all but 1 Tablespoon of the cheese. Reserve the 1 Tablespoon cheese for topping.
5. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells close together on top of the sauce.
6. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more.
7. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/pumpkin-ricotta-stuffed-shells>

Rice Bowl Southwestern Style

Lots of filling grains, healthy veggies, and southwestern flavor make this a great meal any time of day.

Yield: 2 cups

Time: 45 Minutes



Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture: bell peppers, onion, corn, tomato, zucchini)
- 1/8 teaspoon salt
- 1 cup cooked brown rice
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1/8 teaspoon each garlic powder, oregano and cumin (optional)
- 2 Tablespoons salsa, shredded cheese or low-fat sour cream

Instructions

1. Wash hands with soap and water.
2. In a medium skillet, heat oil over medium-high heat (350 degrees F in an electric skillet). Add vegetables and salt. Cook until tender-crisp, about 3 to 5 minutes.
3. Add cooked rice; cooked meat, beans or tofu; and garlic powder, oregano and cumin, if desired. Heat through.
4. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
5. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/rice-bowl-southwestern-style>



Potato Turnip Gratin

Rich and creamy root vegetables, flavored with tangy parmesan cheese and topped with crunchy breadcrumbs.

Yield: 4 Servings

Time: 90 Minutes



Ingredients

- ½ cup finely diced onion
- 1 Tablespoon butter or margarine
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 2 Tablespoons flour
- 1 ⅓ cups 1% or nonfat milk
- 2 ⅓ cups thinly sliced potatoes
- 1 cup thinly sliced turnips
- ¼ cup grated parmesan cheese
- 4 teaspoons butter or margarine
- 2 Tablespoons dry bread crumbs

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking dish

3. In a saucepan over medium heat, sauté onions in 1 Tablespoon margarine until softened.
4. Stir in salt, garlic powder, pepper, and flour until smooth. Add milk slowly, stirring rapidly to avoid lumps. Stir constantly until the sauce bubbles and thickens slightly. Remove from heat .
5. Place mixed potatoes and turnips in layers in the baking dish.
6. Pour sauce over the potato mixture. Sprinkle with parmesan cheese.
7. Melt 2 teaspoons butter; mix with the dry bread crumbs and sprinkle evenly over top.
8. Bake for 50 minutes or until the sauce is bubbling and the bread crumbs have browned. Potatoes and turnips should be tender when poked with a fork.
9. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/potato-turnip-gratin>



Spinach and Black Bean Enchiladas



A classic combination of black beans and veggies wrapped in tender tortillas, covered in a flavorful tomato sauce, and topped with creamy mozzarella cheese.

Yield: 8 Servings

Time: 35 Minutes

Instructions

Ingredients

- 1 package (10 ounces) frozen spinach, thawed or 1 pound fresh spinach, cooked
- 1 can (15 ounces) black beans, drained and rinsed
- 1 ½ cups corn, fresh, frozen or canned, drained and rinsed
- 3 green onions, thinly sliced
- ⅓ cup chopped cilantro
- 2 cups (8 ounces) shredded mozzarella cheese, divided
- 3 cups or 1 can (28 ounces) enchilada sauce
- 8 whole-wheat flour tortillas (7 to 8-inch diameter)

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F.
3. Drain extra water from spinach and chop.
4. In a large bowl, combine spinach, beans, corn, green onions, cilantro and 1 ½ cups of cheese.
5. Lightly grease a 9x13-inch baking dish. Add a small amount enchilada sauce and spread to cover the bottom.
6. Fill tortillas with spinach mixture. Roll up tightly and place seam side down in the baking dish.
7. Pour remaining sauce over the enchiladas and sprinkle remaining ½ cup of cheese on top.
8. Bake for 20 minutes, or until enchiladas are heated through and cheese is bubbly. Serve warm.
9. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/spinach-and-black-bean-enchiladas>

Chicken Cabbage Stir-Fry

Quick dinner idea combining crisp-tender veggies with ginger, garlic, and soy sauce. Ready in under an hour and customizable!

Yield: 6 Servings

Time: 35 Minutes



Instructions

Ingredients

- 3 chicken breast halves, cut into strips
- 1 teaspoon vegetable oil
- 3 cups shredded green cabbage (½ head)
- 1 Tablespoon cornstarch
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder or 1 clove garlic, finely chopped
- ½ cup water
- 1 Tablespoon low-sodium soy sauce

1. Wash hands with soap and water.
2. Heat oil in a skillet over medium-high heat (350 degrees F in an electric skillet).
3. Add chicken strips and stir-fry, turning constantly until done.
4. Add cabbage and stir until cabbage is crisp-tender, about 2 minutes.
5. In a small bowl, mix cornstarch and seasonings. Add water and soy sauce; mix until smooth.
6. Stir sauce into chicken and cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/chicken-cabbage-stir-fry>



Honey Mustard Pork Chops

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 1 small cucumber, peeled, seeded and finely diced or grated (about ½ cup)
- 4 top loin pork chops
- ½ cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard

Instructions

1. Put the pork chops in the large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until chops are done.



Notes: Pork chops are done when they reach an internal temperature of 145 degrees. 2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes



Whole-Wheat Zucchini Bread

A warm and tasty sweet treat that's packed with veggies, warm cinnamon, and crunchy nuts.

Yield: 16 Slices

Time: 80 Minutes



Ingredients

- 1 ½ cups whole-wheat flour or all-purpose flour (try a combination)
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup vegetable oil
- ½ cup brown sugar or honey (see Notes)
- 2 eggs
- 1 teaspoon vanilla
- 1 ½ cups grated zucchini (squeeze out some moisture after measuring)
- ½ cup chopped nuts or seeds, any type (optional)
- ½ cup raisins or dried cranberries (optional)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a 9x5-inch bread pan and set aside.
3. In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
4. In a separate bowl, combine oil, brown sugar, eggs, vanilla and zucchini. Mix until well combined.
5. Add the wet ingredients to the dry ingredients. Stir until the dry ingredients are moistened, without overmixing. Gently add nuts and raisins, if desired.
6. Pour batter into pan and spread into the corners.
7. Bake 45 to 60 minutes or until a wooden pick inserted into the center of the loaf comes out clean.
8. Remove pan from oven and let cool for 10 minutes.
9. Remove bread from pan and let cool completely on a rack. Slice to serve.
10. Wrap to store for several days or freeze for up to 1 month.

Source: <https://foodhero.org/recipes/whole-wheat-zucchini-bread>

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