

Illinois Extension

Pumpkin Pancakes

(serves 8)

With eggs and milk, these pancakes contain a lot of protein. Plus, they provide a little vegetable nutrition at breakfast.



Ingredients

1 cup flour
1 cup whole wheat flour
2 teaspoon baking powder
1/2 teaspoon salt
2 tablespoon brown sugar
1 teaspoon pumpkin pie spice
3/4 cup canned pumpkin puree
1 3/4 cup nonfat milk
3 tablespoon vegetable oil
3 eggs, lightly beaten

Directions

1. Wash hands with soap and water.
2. In a large bowl combine flours, baking powder, salt, brown sugar, and pumpkin pie spice using a wire whisk.
3. In another bowl combine pumpkin, milk, oil and eggs. Mix until smooth.
4. Stir pumpkin mixture into the dry ingredients, mixing until moistened.
5. Spoon the batter onto a slightly greased, preheated skillet.
6. Cook slowly until bubbles appear on top and bottom becomes golden brown.
7. Turn pancakes and cook until other side is golden brown.
8. Serve warm. Top with powdered sugar or pancake syrup.

Nutrition Facts per serving: 220 calories, 8g fat, 320mg sodium, 31g carbohydrate, 3g fiber, 8g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

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Pumpkin Leather

(serves 15)

With pumpkin pie flavors, enjoy this portable snack on-the-go when picking pumpkins and apples.

Ingredients

2 cups canned pumpkin or 2 cups fresh pumpkin, cooked and puréed
1/2 cup honey
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon powdered cloves

Directions

1. Wash hands using soap and water.
2. Blend ingredients well. Spread on tray or cookie sheet lined with plastic wrap.
3. Dry at 140°F.

Tip: Visit the National Center for Home Food Preservation at nchfp.uga.edu for information on the dehydration process, recommended equipment, and ways to determine if leather is dry enough.

Nutrition Facts per serving: 45 calories, 0g fat, 0mg sodium, 12g carbohydrate, 0g fiber, includes 9g added sugar, 0g protein

Recipe by: National Center for Home Food Preservation

Photo by: Caitlin Mellendorf, MS, RD, Illinois Extension



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Pumpkin Chicken Chowder

(serves 7, 1 ½ cups per serving)

Pair this chowder with a fruit and vegetable side dish and whole-grain bread or crackers for dipping.



Ingredients

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| 1 tsp oil | 1/2 tsp ground black pepper |
| 1 small yellow onion, diced | 1/8 tsp red pepper flakes |
| 1 clove garlic, minced | 1/8 tsp ground nutmeg |
| 2 (14.5 oz.) cans low sodium chicken broth | 2 large russet potatoes, washed, and diced |
| 15 oz. can pumpkin puree | 2 large boneless skinless chicken breasts, diced |
| 14.5 oz. can of no salt added corn, drained | 1/2 cup half and half |
| 2 tsp Italian seasoning | |

Directions

1. Wash hands using soap and water.
2. In the multi-cooker, set cooker to sauté. When hot, add oil and onion. Sauté for 2-3 minutes, or until onions soften. Add garlic, cook another minute. Turn cooker off.
3. Add all ingredients except half and half into cooker. Secure the lid. Ensure the pressure release valve is sealed and cook on HIGH pressure for 5 minutes. Allow natural release for 5 minutes; then quick release. Once the floating valve drops, carefully remove the lid.
4. Use a food thermometer and ensure the chicken in the soup reads at least 165°F.
5. Add half and half while constantly stirring. Add salt and pepper to taste.

Tip: Add a bay leaf before pressure cooking to create a stronger savory flavor.

Nutrition Facts per serving: 180 calories, 4g fat, 70mg sodium, 24g carbohydrate, 2g fiber, 13g protein

Recipe by: Lisa Peterson, Illinois Extension

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Peanut Butter Pumpkin Dip

(serves 12, 2 Tbsp per serving)

This popular recipe makes a great snack or appetizer.

Ingredients

3/4 cup canned pumpkin puree
3/4 cup peanut butter
2 Tbsp. brown sugar
1 teaspoon vanilla

Directions

1. Wash hands with soap and water.
2. Mix peanut butter and brown sugar.
3. Add vanilla and stir.
4. Add pumpkin and stir until well blended.
5. Refrigerate or serve immediately with graham crackers, apple slices, or celery sticks.

Nutrition Facts per serving: 110 calories, 8g fat, 70mg sodium, 6g carbohydrate, 1g fiber, 4g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.



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Pumpkin Chili

(serves 6)

Pumpkin is used in place of some of the tomato in this chili. It adds a bit of sweetness.



Ingredients

16 ounces (1 lb.) lean ground beef	1 can (15 ounces) kidney beans, drained and rinsed
1/2 cup onion, chopped	1 tablespoon chili powder
1 clove garlic, minced	1/2 tablespoon cumin
1 can (15 ounces) 100% pumpkin puree	1 cup reduced-fat shredded cheese (optional)
1 can (15 ounces) crushed tomatoes	1/2 cup low-fat sour cream (optional)
1 cup water	

Directions

1. Wash hands with soap and water.
2. Add ground beef, chopped onion, and minced garlic to a large saucepan. Cook until meat is brown and onion is soft. Drain excess fat.
3. Add pumpkin, crushed tomatoes, water, kidney beans, chili powder, and cumin to pan. Stir.
4. Bring to boil. Reduce heat and cover. Simmer for 30 minutes, stirring occasionally.
5. Top with cheese and sour cream, if desired, and serve.

Tip: You can use another ground meat, such as chicken, turkey, or pork, or an extra can of beans in place of ground beef.

Nutrition Facts per serving (with sour cream and cheese): 320 calories, 12g fat, 440mg sodium, 24g carbohydrate, 4g fiber, 28g protein

Nutrition Facts per serving (without toppings): 230 calories, 6g fat, 280mg sodium, 22g carbohydrate, 4g fiber, 22g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

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Pumpkin Pie Overnight Oats

(serves 6)

This breakfast is packed with fiber, which helps us feel fuller for longer over the morning.

Ingredients

1/2 cup rolled oats
1 teaspoon ground flaxseed (optional)
1/2 cup nonfat milk
2 Tbsp pumpkin puree
1/4 tsp vanilla extract
1/2 tsp pumpkin pie spice
2 tsp sugar-free maple syrup
1 Tbsp chopped pecans (optional)

Directions

1. Wash hands with soap and water.
2. In 8 oz. container (pint size jar works well) stir together all ingredients, except pecans, until well combined.
3. Cover and store in refrigerator for 8 hours or overnight. Stir, and if desired, top with chopped pecans.

Nutrition Facts per serving: 270 calories, 9g fat, 39g carbohydrate, 7g fiber, 11g protein

Recipe by: Jenna Smith, MPH, RD, Illinois Extension



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Pumpkin Stuffed Peppers

(serves 6)

Packed with vegetables, enjoy this comfort food.

Ingredients

5 large green peppers
1 Tbsp olive oil
1/4 cup diced onion
2 stalks chopped celery
1 lb. ground turkey sausage, Italian flavor
1 (15 oz.) can diced tomatoes, Italian flavor
1 cup canned pumpkin puree
1 tsp. Italian spices (basil, oregano, fennel)
1 tsp salt
1/2 tsp ground pepper
1-1/2 cups cooked brown rice
1/4 cup grated parmesan cheese



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Wash and cut off pepper tops, clean out seeds. Place in baking dish.
4. In a skillet, heat olive oil. Sauté onion and celery. Add ground turkey, brown till safely cooked to 165°F. Drain excess fat.
5. Add tomatoes, pumpkin, Italian spices, salt and ground pepper. Stir mixture, cover, and let simmer till bubbly. Stir in cooked rice.
6. Fill each pepper with rice mixture. Top with parmesan cheese.
7. Bake covered for 45 minutes. Remove cover and bake additional 15 minutes.

Tip: To reduce sodium in this recipe, use reduced-sodium tomatoes, omit salt, and buy lower-sodium sausage, if available.

Nutrition Facts per serving: 340 calories, 13g fat, 1540mg sodium, 37g carbohydrate, 5g fiber, 22g protein

Recipe by: Susan Glassman, Illinois Extension

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Upside Down Pumpkin Cheesecake

(serves 8, 1 slice per serving)



The “crust” is on the top in this lightened cheesecake.

Ingredients

8 ounces reduced-fat cream cheese, softened	1 tsp lemon juice
8 ounces fat-free cream cheese, softened	1 Tbsp pumpkin pie spice
3/4 cup granulated sugar	3 large eggs
1 (15 oz) can pureed 100% pumpkin	1 Tbsp melted butter
2 tsp vanilla extract	1/2 cup gingersnap cookie crumbs (about 8-9 cookies, crushed)

Directions

1. Preheat oven to 325°F.
2. Wash hands with soap and water.
3. Lightly grease a 9” pie plate or prepare with nonstick spray.
4. In a large bowl, beat cream cheese and sugar using an electric mixer on medium speed until smooth and creamy.
5. Add pumpkin, vanilla, lemon juice, and pumpkin pie spice to bowl and mix until just combined.
6. Add eggs, 1 at a time, mixing until each one is incorporated before adding the next egg.
7. Pour cheesecake mixture into the prepared pie plate.
8. To make topping, combine melted butter and gingersnap cookie crumbs in a small bowl. Mix with a fork until well-combined. Sprinkle evenly over top of cheesecake.
9. Bake for 35-40 minutes or until almost set (see **Tip 1**). Allow to cool, then cover and chill in refrigerator for at least 3 hours before serving.

Tips

1. The cheesecake is almost set when the center is just a bit jiggly but edges are slightly browned.
2. To prevent the top from cracking, avoid overmixing batter and opening the oven during baking time.
3. If you don't have pumpkin pie spice, substitute 1 ½ teaspoons ground cinnamon, ½ teaspoon each ground nutmeg and ground ginger, and ¼ teaspoon of ground allspice or cloves.
4. If you prefer, substitute graham cracker crumbs for gingersnap cookie crumbs.

Nutrition Facts per serving: 270 calories, 10g fat, 400mg sodium, 32g carbohydrate, 3g fiber, 11g protein

Recipe by: Leia Flure, MS, RD, Illinois Extension

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Sweet Pumpkin Sandwiches

(serves 5)

A fall-inspired “sloppy joe” recipe great for weeknight meals.



Ingredients

1 lb. lean ground beef
1/2 medium onion, chopped
1/2 cup hot water
1/2 cup ketchup
3/4 cup tomato juice or sauce
1/8 teaspoon nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon chili powder
1/4 teaspoon black pepper
1 cup canned pumpkin puree

Directions

1. Wash hands with soap and water.
2. In a large skillet, brown ground beef with onion. Cook until internal temperature of meat reaches 160°F. Drain excess fat.
3. Remove meat and onions from skillet.
4. Place water, ketchup, tomato juice, nutmeg, cloves, chili powder and pepper in large skillet. Bring to a rolling boil.
5. Add cooked meat, onions, and pumpkin to large skillet.
6. Simmer for 15 minutes. Add more tomato juice/sauce if too thick.
7. Serve on hamburger buns.

Nutrition Facts per serving: 190 calories, 5g fat, 510mg sodium, 14g carbohydrate, 3g fiber, 21g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

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