

Pick a **better snack**[™] – THE COLOR WAY

WINTER SQUASH - PUMPKIN

Wash. Cook. Eat. How easy is that?



Pumpkin, one of several popular varieties of winter squash, is known for its hard skin which enables it to be stored for several months. Acorn and butternut, two other popular varieties, have distinct flavors, but may be used interchangeably in recipes. The longer a squash grows, the sweeter it will be. Signs of good quality include a smooth, dry skin that is dull in appearance. A shiny skin occurs when the squash was picked immaturely. Choose those heavy for their size.

LIONS, TIGERS AND BEARS – PUMPKIN PIE!

1 ½ teaspoons butterscotch instant sugar-free pudding mix
¼ cup fat free milk
¼ cup canned pumpkin puree
1/8 teaspoon pumpkin pie spice
assorted animal crackers

In a small freezer weight, plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Add pumpkin and spice to bag. Shake to mix. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!

CRISP PUMPKIN COOKIES (MAKES 9 DOZEN)

A thin refrigerator cookie. Make up the dough ahead and bake cookies as you want them – warm, fragrant, and fresh from the oven.

2 cups sugar	¼ teaspoon salt
1 cup applesauce	1 teaspoon baking soda
2 eggs, beaten	3 Tablespoon pumpkin pie spice
4 cups all-purpose flour	2 cups canned pumpkin
2 cups whole wheat flour	1 cup chopped nuts

Using an electric mixer, blend sugar and applesauce; add eggs. In a separate bowl, stir together flours, salt, soda, and spice; mix dry ingredients into creamed mixture alternately with the pumpkin. Add nuts. Form into two logs, wrap in waxed paper and chill thoroughly in refrigerator until dough is stiff – several hours or overnight. Preheat oven to 375°F. Spray baking sheets with nonstick vegetable spray. Slice dough thin, about 1/8 inch, and bake for 10-12 minutes. Remove promptly to cooling rack. Cookies will be thin, light, and crisp.

Source: Vegetables Desserts by Elisabeth Schafer and Jeanette L. Miller; ISBN 1-56561-135-7

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.