

Pumpkin – An Easy Way to Cook

Pumpkin! I'm seeing them popping up in the grocery stores already – but that's OK with me! We love to eat them – especially the sugar (or pie) pumpkins!

You can use them in pies or other recipes or simply eat them like squash! Here is an easy way to cook them.





Using sugar pumpkins, cut in half



and scrape out seeds. You don't need to remove all the pulp.
Lay upside down on a baking sheet with a small amount of water. Bake in a 350 degree oven for about 15-20 minutes, until the pumpkin is tender.



Allow to cool. Carefully scrape out and discard the remaining pulp. Using a spoon, scoop all the meat from the pumpkin.

Place in a food processor with a small amount of water and pulse until it is pureed.

Two small pumpkins will yield about 2-1/2 to 3 cups of pumpkin

But don't discard those Pumpkin Seeds!

Clean the pulp off of them. Soak them over night in 1-1/2 cups water and 1 Tablespoon of salt.

After 24 to 36 hours, drain and spread on a baking sheet. Sprinkle with a little garlic salt and lemon pepper, then bake at 275 degrees for about 45 minutes. Keep an eye on them. They are done when they are golden brown and crunchy! And these little treats pack some great nutrients!



Cooked Pumpkin for baking (or eating)



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an easy way to cook them.

- 2 small sugar or pie pumpkins

1. Cut the pumpkins in half and scrape out the seeds (save those to toast and eat as a snack!). You don't need to scrape out all the pulp.
2. Lay the pumpkin halves cut side down on a baking dish with a small amount of water.
3. Bake in a 350 degree oven for about 15 -20 minutes, or until the pumpkin is tender.
4. Allow to cool. Carefully scrape out and discard the remaining pulp. Using a spoon, scoop all the meat from the pumpkin.
5. Place in a food processor with a small amount of water and pulse until it is pureed.

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Below are some of the items we used to create this recipe!

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