**PUMPKIN RECIPES**

**PUMPKIN SPICE:**

**4 tsp ground cinnamon 2 tsp ground ginger**

**1 tsp allspice 1 tsp nutmeg**

**Combine ingredients. Store in airtight container. Makes 8 teaspoons. (May vary individual spice quantities to suit your taste.)**



**TOASTED PUMPKIN SEEDS:**

**About 1 cup pumpkin seeds, rinsed and dried**

**1 tsp oil**

**1/2 tsp ground cumin, chili powder or curry powder (optional)**

**Salt to taste**

**Toss pumpkin seeds with oil and seasoning. Spread in a single layer on a large baking sheet. Bake at 350 degrees F, stirring occasionally, until crisp and golden, 10-15 minutes.**



**PUMPKIN CREAM CHEESE SPREAD**: **(Great on bagels, breads, and crackers.)**

**8 oz. pkg cream cheese, soft 1/4 cup sugar**

**1/2 cup pumpkin (fresh pureed or canned) 3/4 tsp pumpkin pie spice**

**1/2 tsp vanilla**

**Beat all ingredients in a medium mixing bowl with an electric mixer on medium speed until smoother. Cover and refrigerate for at least 1 hour or up to 24 hours. Makes about 1 1/2 cups.**



**SWEET PUMPKIN DIP: (Serve this with gingersnap cookies or fresh fruit.)**

**2 cups confectionary sugar 1/2 tsp ground ginger**

**16 oz. pumpkin (fresh pureed or canned) 1/4 tsp ground cloves**

**8 oz. cream cheese - softened 1/4 tsp nutmeg**

**1 tsp ground cinnamon**

**Combine all ingredients well. Cover and chill. Serve for dipping with gingersnap cookies or fresh fruit. Will keep up to 2 weeks refrigerated.**



**PUMPKIN CHEESECAKE:**

**Filling Ingredients:**

**8 oz. cream cheese 1 egg**

**1/3 cup granulated sugar 1 tbsp. cornstarch**

**1/2 tsp vanilla 1/4 cup pumpkin (fresh pureed or canned)**

**In mixing bowl, beat above ingredients until very smooth. Set aside and prepare cake batter. Pour into glass dish on top of batter as described in**

**cake instructions.**

**Cake Ingredients:**

**2 sticks butter 3 eggs**

**2 1/2 cups flour 1 cup granulated sugar**

**1 tsp cinnamon 3/4 tsp salt**

**1/2 cup sour cream 1 tsp vanilla**

**1/2 tsp baking soda 2 tsp baking powder**

**1/2 cup pumpkin (fresh pureed or canned)**

**Preheat oven to 350 degrees F. In a large bowl cream butter, sugar and vanilla until light & fluffy. Add eggs - beat well. Add flour, baking powder, baking soda, cinnamon and salt. Mix in pumpkin and sour cream. Blend thoroughly until smooth. Pour 1/2, of batter into a buttered 9 x 13 inch glass baking dish. Add the filling mix, spreading the batter evenly in the dish. Add remaining batter and lightly swirl into filling. Bake for 50-55 minutes. Allow to cool. 12 servings.**



**PUMPKIN ROLL:**

**1 cup sugar 1 tsp lemon juice Powdered sugar**

**3 eggs 1 tsp baking powder 3/4 cup flour**

**1/3 tsp salt 1 tsp ground ginger 1/2 tsp nutmeg**

**2/3 cup pumpkin (fresh pureed or canned)**

**Using mixer, beat eggs on high for four to five minutes. With lower speed, stir in pumpkin and lemon juice. Mix together dry ingredients: flour, baking powder and spices. Fold dry ingredients into the pumpkin mixture. Preheat oven to 375 degrees F. Spread cake mix into a 15 x 10 x 1 jelly roll pan. Bake for 15 minutes. Remove from oven and loosen edges with spatula and turn cake onto cheesecloth. Roll warm cake, starting at narrow end into a roll with the cheesecloth. Allow to cool to room temperature.**

**Filling Ingredients:**

**6 oz. cream cheese 1 cup powdered sugar**

**2/3 tsp vanilla extract 4 tbsp. Margarine/butter**

**In a mixing bowl, mix all ingredients until smooth. Unroll cake and remove cheesecloth. Spread filling onto the cake. Re-roll the cake. Chill for several hours or overnight. Sprinkle with powdered sugar prior to serving.**

**(Opt: drizzle with chocolate syrup.)**



**PUMPKIN MOUSSE WITH SUGARED PECANS:**

**1/2 cup pecans, chopped 1 cup milk**

**1/3 cup + 1 tbsp. light brown sugar 1 tsp vanilla**

**16 oz. pumpkin (fresh pureed or canned) 3/4 tsp ground cinnamon**

**2 cups whipping cream 1/2 tsp ground ginger**

**1 - 4 oz. serving pkg vanilla instant pudding 1/2 tsp ground allspice**

**About 1 1/4 hours before serving (or early in the day): Prepare sugared pecans. In a 2 qt saucepan over medium-high heat, cook pecans until lightly browned, stirring occasionally. Remove saucepan from heat; stir in 1 tbsp. brown sugar until sugar melts and evenly coats pecans, about 1 minute. Set saucepan aside to cool.**

**In large bowl, mix pumpkin, pudding mix, milk, vanilla extract, cinnamon, ginger, allspice and 1/3 cup packed brown sugar until well blended. In a small bowl, with mixer at medium speed, beat whipping cream until stiff peaks form. Refrigerate 1 cup whipped cream for garnish. Fold remaining whipped cream into pumpkin mixture. Spoon pumpkin mixture into eight 10 oz. goblets. Cover and refrigerate until ready to serve. (Tastes best if refrigerated for at least 30 minutes before serving.) Serves 8.**

**To serve, spoon reserved whipped cream onto pumpkin mixture; sprinkle with sugared pecans.**



**PUMPKIN PIE:**

**2 slightly beaten eggs 1/4 tsp cloves**

**1 1/2 cup cooked, mashed pumpkin 1/4 tsp nutmeg**

**1 cup sugar 1/4 tsp ginger**

**½ tsp salt 1 2/3 cup evaporated milk**

**9-inch single crust uncooked pie shell 1 tsp cinnamon**

**Combine eggs, pumpkin, sugar, salt and spices. Gradually add milk. Mix well. Pour into unbaked pie shell. Bake at 425 degrees F for 15 minutes; reduce heat to 350 degrees F and bake for another 40 minutes, or until knife inserted near center comes out clean. Cool. Top with whipped cream if desired.**



**PUMPKIN-BANANA SHAKE:**

**In a blender, process 1 cup plain yogurt, 1 cup cooked pumpkin, 1 sliced banana, 2 drops vanilla. Blend until smooth. Serve immediately. Serves 3**



**PUMPKIN APPLE PIE:**

**1/3 cup packed brown sugar 1/3 cup water**

**1 tbsp. cornstarch 2 tbsp. butter or margarine**

**1/2 tsp ground cinnamon 3 cups sliced, peeled tart apples**

**1/4 tsp salt 9 inch pie crust**

**Pumpkin Layer:**

**3/4 cup cooked or canned pumpkin 1 egg**

**3/4 cup evaporated milk 1/2 tsp ground cinnamon**

**1/3 cup sugar 1/4 tsp salt**

**Whipped cream, optional**

**In a saucepan, combine brown sugar, cornstarch, cinnamon and salt. Add water and butter, bring to a boil. Add apples. Cook and stir for 4 minutes. Place pastry in a 9 inch pie pan. Add apple mixture.**

**In a bowl, whisk pumpkin, milk, sugar, egg, cinnamon and salt until smooth, pour over apple layer. Flute the edges of the pastry or decorate with pastry leaves. Additional pastry will be needed for the leaves. Bake at 375 degrees F for 50-55 minutes or until a knife inserted near the center comes out clean. Cool completely. Garnish with whipped cream, if desired. Store in refrigerator.**



**PUMPKIN CHEESECAKE SQUARES:**

**1 box yellow cake mix 8 oz. cream cheese, soft**

**3 eggs 1 can sweetened condensed milk**

**2 tbsp. butter, melted 1/2 tsp salt**

**4 tsp pumpkin pie spice**

**16 oz. pumpkin (fresh pureed or canned)**

**Preheat oven to 350 degrees F. In a large mixer bowl, on low speed, combine cake mix, 1 egg, melted butter and 2 tsp of the pumpkin pie spice. Mix until crumbly. Sprinkle evenly over the bottom of greased 9 x 13 inch pan. Press firmly to make the bottom crust.**

**In a large mixer bowl, beat the cream cheese until fluffy. Gradually beat in condensed milk, 2 eggs, pumpkin and the remaining 2 tsp of pumpkin spice and salt. Mix well until smooth.**

**Pour pumpkin mixture evenly over crust. Bake 35-40 minutes or until set. Cool. Chill in the refrigerator. To serve, cut into squares. Serves 16.**



**PUMPKIN MAPLE SWIRL MUFFIN:**

**Filling: Blend 3 oz. cream cheese, softened, 2 tbsp. packed brown sugar and**

**2 tbsp. maple syrup.**

**2 cups all-purpose flour 1/2 tsp baking soda**

**3/4 cup packed brown sugar 1/4 tsp salt**

**1/2 cup chopped pecans or walnuts 2 eggs**

**2 tsp baking powder 3/4 cup evaporated milk**

**1 tsp ground cinnamon ¼ cup vegetable oil**

**1 tbsp. maple syrup**

**1 cup solid-packed pumpkin (fresh pureed or canned)**

**Combine flour, sugar, nuts, baking powder, cinnamon, baking soda and salt in large bowl. Mix eggs, pumpkin, evaporated milk, oil and maple syrup in medium bowl; add flour to mixture, mixing until just blended. Fold filling in just until batter swirled. Spoon batter into 12 greased or paper-lined muffin cups. Sprinkle nut topping over muffins. Bake 400 degrees F for 20-22 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 5 minutes; serve warm. Makes 12.**

**Topping: combine 2 tsp packed brown sugar and 1/4 cup chopped pecans or**

**walnuts.**



**MEATLOAF WITH PUMPKIN: (Makes large loaf.)**

**2 lbs. lean ground beef 1 cup canned tomatoes**

**2 cups fresh pumpkin, grated 1 carrot, grated**

**2 eggs 1 cup crushed crackers**

**2 tbsp. chopped celery leaves Season to taste with steak sauce, salt,**

 **pepper or garlic.**

**Mix well all ingredients in bowl. Form into a loaf and place in a**

**greased baking pan. Bake at 350 degrees F for 1 1/2 hour. Check at 1 hour.**



**BAKED PUMPKIN:**

**3 cups cooked, mashed pumpkin 1/4 tsp ground mace**

**2 eggs, beaten Dash of pepper**

**1/2 cup pecans, chopped 1/2 cup pecan halves**

**2 tbsp. sugar 1/2 cup firmly packed brown sugar**

**2 tbsp. butter, melted 1/4 cup maple syrup**

**1/2 tsp salt**

**Combine pumpkin, eggs, chopped pecans, sugar, butter, salt, mace, pepper; stirring well. Pour mixture into a lightly greased 1 1/2 qt casserole. Arrange pecan halves on top of casserole.**

**Combine brown sugar and syrup in a small saucepan; cook, stirring constantly, over medium heat until mixture reaches a boil. Cool slightly. Spoon glaze evenly over casserole. Bake, uncovered, at 350 degrees F for 40**

**minutes. Serves 6.**



**STUFFED PUMPKIN SHELL POTATOES:**

**Bake mashed potatoes and fresh pureed or canned pumpkin in mini pumpkins.**

**8 miniature pumpkins 1/8-1/4 tsp ground nutmeg**

**4 medium baking potatoes 1/2 cup fat-free milk**

**1 tbsp. butter**

**1 cup pumpkin (fresh pureed or canned)**

**4 oz. shredded smoked Jarlsberg or smoked cheddar cheese**

**Preheat oven to 325 degree F. Cut 1/4 inch off tops of pumpkins; discard tops. Clean out inside of pumpkin. Place pumpkins, cut side down, on an ungreased baking sheet. Bake in preheated oven 20-25 minutes or until**

**pumpkins can be easily pierced with a fork; set aside.**

**Meanwhile, peel and quarter potatoes. Cook, covered, in a small amount of boiling water, slightly salted, for 20-25 minutes or until tender. Drain and mash. Beat in pumpkin, butter and nutmeg. Gradually add milk. Stir in cheese. Season with salt and pepper. Spoon mashed potato mixture into pumpkin shells, spooning extra mixture into a small casserole. Place pumpkin shells and casserole, if needed, in a 15 x 10 x 1 inch baking pan. Cover loosely with foil. Bake 15-20 minutes, uncovering the last 5-10 minutes to lightly brown. Serves 8.**



**AUTUMN PUMPKIN RICE:**

**1 1/2 cup prepared fresh pumpkin, cubed 14 1/2 oz. can chicken broth**

**1/2 cup chopped parsnip 1/4 cup water**

**1/4 cup chopped hazelnuts 2 tsp snipped parsley**

**1/4 tsp ground white pepper 1 tsp grated fresh ginger**

**2 tbsp. cooking oil 2/3 cup medium grain rice**

**Fresh chervil or parsley sprigs**

**In hot oil, cook and stir pumpkin, parsnip, hazelnuts and pepper for 5 minutes. Stir in rice and cook for 3 more minutes, stirring often. Stir in broth and water and bring just to boiling. Reduce heat. Simmer, covered, for 25**

**minutes, stirring occasionally. Serves 4 - 6.**



**CHICKEN WITH PUMPKIN AND ZUCCHINI: (One-pot meal.)**

**2 1/2-3 lb. meaty chicken pieces, cut up and skinned**

**Nonstick cooking spray 1 tsp dried rosemary, crushed**

**1/4 cup finely chopped onion 1/4 tsp salt**

**2 cloves garlic, minced 1/4 tsp pepper**

**2/3 cup dry white wine or chicken broth 2 medium zucchini, sliced**

**2 medium potatoes, peeled, cut into 1 inch cubes**

**2 cups peeled, 1 inch cubed pumpkin or winter squash**

**1/4 inch thick Lemon wedges (optional)**

**Rinse chicken; pat dry with paper towels. Spray an unheated 12 inch skillet with nonstick cooking spray. In skillet preheated oven medium heat, cook chicken for 10-15 minutes or until lightly brown. Turn to brown evenly. Add onion and garlic during the last 5 minutes of cooking. Add the potatoes and pumpkin or winter squash.**

**Combine wine or broth, rosemary, salt and pepper; pour over chicken and vegetables. Bring to a boil. Reduce heat. Cover and simmer for 25 minutes. Add zucchini. Cover and cook about 5 minutes more or until chicken and vegetables are tender and chicken is no longer pink. Serve with lemon wedges. Serves 6.**

**For More Recipes - Google “pumpkin recipes” and you’ll find a ton more!**

**Enjoy!**