

F.I.T. Tech
Healthy Food Demonstration
October 22, 2008

All Things Pumpkin



Demonstration led by
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RHIM Doctoral Student



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Healthy Recipes

Pumpkin Chili Mexicana

You will need:

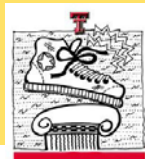
2 tablespoons vegetable oil
1/2 cup chopped onion
1 cup chopped red bell pepper
1 clove garlic, finely chopped
1 pound ground turkey
2 cans (14.5 ounces *each*) diced tomatoes, undrained
1 can (15 ounces) pumpkin
1 can (15 ounces) tomato sauce
1 can (15.25 ounces) kidney beans, drained
2 cans (4 ounces each) diced green chilies
1/2 cup loose-pack frozen whole-kernel corn
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon ground black pepper

What to do:

1. Wash your hands and clean your cooking area.
2. Wash the onion, red bell pepper, and garlic.
3. Cut all vegetables according to the recipe and set aside.
4. Heat vegetable oil in large saucepan over medium-high heat.
5. Add onion, bell pepper and garlic into saucepan; cook, stirring frequently, for 5 to 7 minutes or until tender.
6. Add turkey; cook until browned. Drain.
7. Add tomatoes with juice, pumpkin, tomato sauce, beans, chilies, corn, chili powder, cumin and black pepper all measured according to the recipe. Bring to a boil.
8. Reduce heat to low. Cover; cook, stirring occasionally, for 30 minutes.

Nutritional Information: Amount Per Serving (6 servings of 2 cups each)
301 calories, 12 grams fat, 14 grams fiber, 675 micrograms Vitamin A, 85 milligrams Vitamin C

*Recipe adapted from www.verybestbaking.com



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F.I.T. Tech Healthy Recipes

Pumpkin Smoothie

You will need:

1 cup canned pumpkin
2 cups low fat vanilla yogurt
½ tsp. cinnamon
¼ tsp. nutmeg
8 ice cubes



What to do:

1. Wash your hands and clean your cooking area.
2. Combine all ingredients in blender.
3. Puree the mixture until smooth.
4. Pour the smoothies into small glasses (this drink is rich) and garnish each with a dollop of vanilla yogurt or whipped topping.
5. For a fun touch, add a pinch of cinnamon or a few colored sprinkles. Serves 6 servings of ½ cup each.

Nutritional Information: Amount per serving (6 servings of 1/2 cup each) 84 calories, 1 gram fat, 1 gram fiber, 328 micrograms Vitamin A, 2 milligrams Vitamin C



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Salad with Pumpkin Asian Dressing

You will need:

6 cups of mixed greens
½ cup of shredded carrots
¼ cup of canned pumpkin
½ cup of Lite Asian Sesame Dressing with Ginger & Soy
(example is Ken's Steak House dressing)

What to do:

1. Wash your hands and clean your cooking area.
2. Combine the bag of mixed greens with the carrots in a large mixing bowl.
3. Mix the pumpkin with the dressing in a separate bowl and stir until well blended.
4. Serve the dressing on the side of the salad or mix the dressing with the salad as desired.

Nutritional Information: Amount per serving (6 servings of 1 cup each) 59 calories, 3 grams fat, 1 gram fiber, 261 micrograms Vitamin A, 4 milligrams Vitamin C



F.I.T. Tech Healthy Recipes

Pumpkin Cake

You will need:

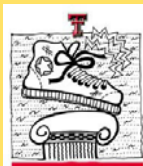
- 1 box of spice cake mix (18.25 oz)
- 1 can of pumpkin (15 oz)
- ½ cup of water
- 9 inch x 12 inch baking pan



What to do:

1. Wash your hands and clean your cooking area.
2. Follow directions on cake mix box for preheating and baking time.
3. Use electric mixer to combine all 3 ingredients together in a large mixing bowl.
4. Use cooking spray to grease the pan, then pour the cake mixture into the pan.
5. Yellow cake mix can be substituted for the spice cake mix, but cinnamon and other spices may need to be added.

Nutritional Information: Amount per serving (3 inch piece is 1 serving (1/12 of the cake)) 192 calories, 3 grams fat, 3 gram fiber, 276 micrograms Vitamin A, 1 milligrams Vitamin C



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