



The Remarkable Pumpkin!

This holiday season get the pumpkin off the decorating scene and into your cooking and baking. The pumpkin's beautiful orange/yellow color and shape brightens up a bland centerpiece, but it also provides a cornucopia of great nutritional benefits.

This vibrant orange squash offers:

--a huge punch in vitamin A—just one cup of cooked, mashed pumpkin has over 200% of your daily requirement of vitamin A, which aids vision

-- a great source of fiber and minerals such as copper, calcium, potassium, and phosphorous

--pumpkin seeds that are rich in phytosterols (a plant-base chemical found in seeds and nuts) that have been shown in studies to lower bad cholesterol-ldl; as well as, protein, minerals, vitamins and omega-3 fatty acids

--vital anti-oxidants besides vitamin A—vitamin C and vitamin E

--a variety of carotenoids which convert into vitamin A inside the body

--and so much more—read the following sites for more nutritional information: [Food Safety and Nutrition - University of Nebraska Cooperative Extension in Lancaster Co.](#) and [Pumpkin seeds](#)



Check out these delicious pumpkin recipes. Hopefully, these yummy recipes will inspire you to try pumpkin in your soups, stews, chili, smoothies and ice cream!

[Pumpkin Whoopie Pies](#)

[Cream Cheese Pumpkin Spice Cookies](#)

[Pumpkin Pasta Sauce with Mozzarella Cheese](#)

[Pumpkin Cheesecake Quick Bites, Pumpkin Smoothie, and Pepitas Parmesan](#)