



Pumpkin, No Salt Added, Canned

MyPlate Food Group: Veggie

Nutrition Information

- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Pumpkin is an important source of nutrients including vitamins A and C, B vitamins, fiber, and potassium.
- Pumpkins count toward the red/orange vegetable category in MyPlate along with red peppers, tomatoes, carrots, and sweetpotatoes.

Uses & Tips

- Canned pumpkin can be used to make cookies, breads, muffins, and pies.
- Serve canned pumpkin as a side dish. Get creative and top with raisins, pineapples, or even nuts. Warm in the oven until the pumpkin and toppings are lightly toasted.
- Add canned pumpkin to your pancake and waffle batter or other baked goods for extra flavor and vitamin A.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Storing Foods at Home

- Store unopened cans of pumpkin in a cool, clean, dry place.
- Store remaining opened pumpkin in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD
BANK



Turkey Pumpkin Chili

Makes 10 servings

Ingredients:

- 1 teaspoon vegetable oil
- 1 pound ground turkey
- $\frac{2}{3}$ cup onion, chopped
- $\frac{1}{2}$ cup green pepper, chopped
- 2 cloves garlic, minced or $\frac{1}{2}$ teaspoon garlic powder
- 1 can (15.5 ounces) low-sodium kidney beans, drained and rinsed
- 1 can (15.5 ounces) low-sodium great northern beans, drained and rinsed
- 1 can (15.5 ounces) no salt added pumpkin
- 1 can (15.5 ounces) crushed tomatoes
- 2 cups low-sodium chicken broth
- 2 tablespoons brown sugar
- 1 package (1.25 ounces) taco seasoning mix

Directions: Wash hands with soap and water.

1. Pour oil into a 4 quart (or larger) saucepan.
2. Add ground turkey, onion, green pepper, and garlic.
3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, and taco seasoning.
5. Bring to a boil. Reduce heat, cover, and simmer for 1 hour.

Recipe adapted from FoodHero.org