



## Pumpkin, No Salt Added, Canned

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of canned pumpkin counts as 1 cup in the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- 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.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- 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 sweet potatoes.

### Uses and 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.

### 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.

### 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. For example, replace chips with crunchy carrots, celery, or cucumbers.
- 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.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- 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.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Pumpkin Parfait

Makes 6 servings

#### Ingredients:

- 1 can (15.5 ounces) pumpkin, no salt added
- 3 cups fat-free or low-fat vanilla yogurt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Granola:**
- ¼ cup raisins
- ½ cup quick cooking oats
- ½ cup rice crisps
- 1 tablespoon vegetable oil
- ¼ cup packed brown sugar (or white sugar)

*Nutrition Facts per 1/2 cup: Calories 200, Total Fat 3g, Trans fat 0g, Cholesterol 0mg, Sodium 100mg, Carbohydrates 37g, Dietary Fiber 3g, Total Sugars 24g, Added Sugars 13g, Protein 7g, Calcium 250mg, Iron 2mg, Potassium 479mg*  
*Recipe adapted from The Arizona Commodity Supplemental Food Program*

#### Directions: Wash hands with soap and water.

1. Preheat oven to 325 degrees F.
2. Mix pumpkin, yogurt, and spices in a bowl.
3. In another bowl, mix the granola ingredients: raisins, oats, rice crisps, oil, and sugar.
4. Spread granola on a baking pan. Bake for 10 minutes.
5. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
6. Spoon half of the pumpkin into 6 glasses or bowls. Put half the granola on top of the pumpkin in each glass or bowl.
7. Spoon the other half of the pumpkin over the granola and top with remaining granola.
8. Serve immediately or refrigerate.

### Turkey Pumpkin Chili

Makes 10 servings

#### Ingredients:

- 1 teaspoon vegetable oil
- 1 pound ground turkey
- ¾ cup onion, chopped
- ½ cup green pepper, chopped
- 2 cloves garlic, minced or ½ 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.

*Nutrition Facts per 1 cup: Calories 220, Total Fat 1.5g, Trans fat 0g, Cholesterol 20mg, Sodium 560mg, Carbohydrates 32g, Dietary Fiber 7g, Total Sugars 7g, Added Sugars 2g, Protein 20g, Calcium 68mg, Iron 3mg, Potassium 564mg*

*Recipe adapted from FoodHero.org*