



Baked Pumpkin with Cinnamon

Kern County Aging and Adult Services

EASY AND DELICIOUS!

- Fast and Easy Delicious!
- Easy for lunch or a snack
- Low-cost, helps stretch you dollars
- Microwave Friendly
- Customizable recipe!
- Enjoy learning a good recipe for food that incorporates the Dietary Guidelines for Americans to keep you excited about eating and staying healthy!



Recipe:

Ingredients

- 1 Pumpkin
- Butter
- Cinnamon
- Optional ingredients:
 - 1 apple
 - Dried fruit (raisins, prunes, etc.)
 - almonds
 - cheese (shredded)

Directions

- Place the pumpkin in a microwave safe bowl with some water. (As shown above)
- Make some slits in the pumpkin with a knife in order to allow steam to escape.
- Cook the pumpkin in the microwave, 6 minutes for every pound or until tender.
- Move pumpkin from bowl and allow to cool for a few minutes and then cut in half and remove seeds.
- Scoop pumpkin away from peel, top with a teaspoon of butter and sprinkle with cinnamon.

Helpful Hints

- Toast the pumpkin seed in a pan on low heat for about 15 minutes (until dry) or place in the microwave for about 6 minutes for a quick snack.
- Pumpkin can be topped with a wide variety of toppings.
 - Chop up an apple and cook in a pan then place atop pumpkin.
 - Using dried fruit adds a sweet taste without adding sugar (as shown below).
 - You can also top it off with almonds or coconut pieces.





Frequently Asked Questions from Seniors

- Are you supposed to cut the pumpkin before you put it in the microwave?
 - Yes, you want to cut some slits in it a couple times in order to allow the steam to come out or else it will burst in the microwave.
- How long do you put the pumpkin in the microwave for?
 - 6 minutes for every 1 pound.
- This recipe has sugar in it and diabetics can't have sugar.
 - There are many alternatives to sugar that you can use, for example, you can add some cinnamon. You could also add some dried fruit (about 2 tablespoons), but you want to make sure you watch how much sugar the dried fruit has as well.
- What kind of sugar do you use? Brown or regular?
 - You can use either one.
- Why is 2 ½ apples the same as 4 oranges?
 - The pulp and the skin of the orange add some weight so you need more to add the same weight as the apples.
- What kind of nutrients does a pumpkin have?
 - Pumpkin contains vitamins A, C, and E; and it is also rich in calcium and potassium.
- Does the peel of the apple have fiber?
 - Yes, the apple peel contains about 2/3 of the apple's fiber, which is good for maintaining a healthy digestive system.
- How do you cook the pumpkin seeds?
 - You can do it in the microwave or in a pan on the stove.