

# Fun Food Feature of the Week!

## Pumpkin

- Pumpkins are a member of the squash family that also includes cucumbers.
- Six of the seven continents have the ability to grow pumpkins. Antarctica is the only continent that does not grow them.
- The pumpkin capital of the world is Morton, Illinois where the Libby corporation is located.
- The tradition of pumpkin carving was brought to America from Ireland. The Irish used to carve turnips but found that pumpkins were more plentiful and much easier to carve.
- Pumpkins are a great source of potassium, fiber, and vitamin A.
- Eighty percent of the U.S. pumpkin supply is available in the month of October.
- Pumpkins are ninety percent water and can be used in a variety of recipes. The seeds are edible as well and a good source of protein.



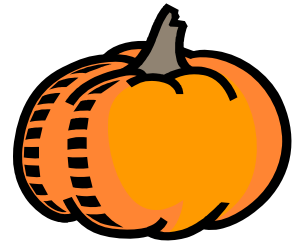
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## Crustless Pumpkin Pie



### Brown Sugar Topping:

1/4 cup brown sugar

1/4 cup oats

1 tablespoon butter or margarine

### Pie:

1 16 ounce can of pumpkin

1 12 ounce can of evaporated skim milk

3 egg whites

1/2 cup granulated sugar

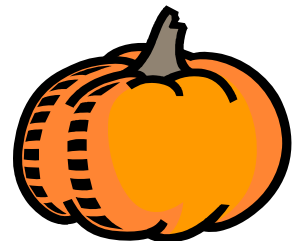
1/2 cup all-purpose flour

1 1/2 teaspoons pumpkin pie spice

3/4 teaspoon baking powder

Heat oven to 350°. Spray pie plate with cooking spray. Mix topping ingredients a small bowl. Put all pie ingredients in a blender/food processor and blend well. Pour into pie plate, sprinkle with topping and bake in oven for 50-55 minutes. Let cool and refrigerate. (Makes 8 servings 2 1/2 carbohydrate exchanges per serving)

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