

Recipes Using Canned Pumpkin



Neighbors, Inc., South St. Paul, MN 55075

Pumpkin Baked Oatmeal

You will need:

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| 1 (15 oz.) can of pumpkin | 2 cups oatmeal | 2 tsp. pumpkin spice |
| 1 tsp. baking powder | $\frac{1}{4}$ tsp. salt | 1 $\frac{1}{4}$ cup milk of choice |
| 2 large eggs | 2 tsp. vanilla | 1/3 cup maple syrup or honey |
| chocolate chips, nuts, raisins, dried cranberries, or toppings of choice | | |

Instructions:

- Preheat oven to 375 degrees F. Grease an 8x8-inch baking dish with oil.
- In a medium bowl, combine oatmeal, pumpkin pie spice, baking powder and salt. Mix to combine.
- Add canned pumpkin, milk, eggs, vanilla and maple syrup/honey to bowl. Stir to combine.
- Spread into prepared baking dish. Bake 30 - 35 minutes.
- Oatmeal is done baking when it is puffed up on the edges, set in the middle and top is golden.
- Let cool for 5 minutes. It will be soft at first but will firm up as it cools.
- Enjoy warmed with yogurt, a splash of milk, a drizzle of honey or maple syrup, fruit, whipped cream, or simply on its own.
- Store in fridge for up to 4 days.

Pumpkin Cornbread

You will need:

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| $\frac{3}{4}$ cup canned pumpkin | 1 box Jiffy Cornbread Mix | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{2}$ tsp. ginger | $\frac{1}{2}$ tsp. cloves | $\frac{1}{4}$ cup brown sugar |
| 2 tbsp. melted butter | 1/3 cup sour cream | 1 egg |

Cinnamon Honey Butter

You will need:

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| $\frac{1}{2}$ cup softened butter | 1/3 cup honey | $\frac{1}{4}$ cup powdered sugar | 1 tsp. cinnamon |
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Instructions:

- In a medium size bowl, add the pumpkin and mix in all of the spices.
- Add the brown sugar, melted butter, sour cream and egg. Mix well.
- Add the Jiffy mix until all of the dried ingredients are blended in. It will still appear lumpy.
- Spray an 8x8-inch baking pan with non-stick cooking spray. Spread the batter into an even layer.
- Bake in a preheated 400-degree oven for 15 - 18 minutes until toothpick inserted into center comes out free of batter.
- Serve warm with Cinnamon Honey Butter.

Instructions:

- Whip butter with electric mixer or by hand until smooth. Add honey, powdered sugar and cinnamon.
- Mix until combined. Whip until light and fluffy.

Two Ingredient Pumpkin Cake

You will need:

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| 1 (15 ounce) can of pumpkin | 1 (18.25 oz.) package of spice cake mix | cooking spray |
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Instructions:

- Preheat oven to 350 degrees F. Generously grease a 9x13-inch pan with cooking oil.
- Mix spice cake mix and canned pumpkin together in a large bowl until well combined. Spread evenly into prepared pan.
- Bake in preheated oven until toothpick inserted in the center comes out clean; about 25 to 30 minutes.
- Before serving, store in refrigerator overnight to let flavors blend together.

Pumpkin Pasta Sauce

You will need:

1 cup canned pumpkin	8 oz. fettuccini or any long, thin noodle	1 tbsp. butter
1 tbsp. all-purpose flour	2 cloves garlic, minced	2 cups non-fat milk
3 oz. reduced-fat cream cheese	1 tbsp. chopped fresh sage leaves or $\frac{1}{4}$ tsp. dried sage	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. black pepper	$\frac{1}{8}$ tsp. ground cinnamon	$\frac{1}{8}$ tsp. ground nutmeg
pinch of ground cayenne pepper	$\frac{1}{2}$ cup grated Parmesan cheese for serving	1 cup of pasta water

Instructions:

- Bring a large pot of salted water to a boil and cook the pasta to al dente, according to package instructions.
- Reserve 1 cup of pasta water. Drain pasta and set aside. Melt the butter in a large saucepan over medium heat.
- Whisk constantly until it turns a golden color and smells nutty. Add the garlic and cook for 30 seconds.
- Slowly pour in the milk a few splashes at a time. Whisk constantly to smooth any clumps. Increase heat to medium high.
- Let cook stirring constantly until the sauce bubbles and thickens; about 8 - 10 minutes. Remove pan from heat.
- Stir in pumpkin, cream cheese, half of the chopped sage leaves, salt, pepper, cinnamon, nutmeg and cayenne pepper.
- Continue whisking until the cream cheese melts and you have a smooth, rich sauce. Taste. Add salt and pepper to taste.
- Add cooked pasta to the pan and gently toss to combine. Thin the pasta with reserved water if it seems too sticky or thick.
- Top with Parmesan cheese and remaining sage leaves. Serve immediately.

Creamy Pumpkin Baked Pasta

You will need:

1 (15 oz.) can of pumpkin	1 lb. ziti pasta, cooked al dente	2 cloves garlic, minced
1 lb. Italian sausage or hamburger	1 tbsp. sage	1 tbsp. oregano
1 small yellow onion, peeled & diced small	$\frac{1}{4}$ cup grated Parmesan cheese	1 cup beef stock
$\frac{1}{2}$ cup shredded mozzarella cheese		

Instructions:

- Cook pasta until al dente and set aside. Preheat oven to 350 degrees F.
- Spray a 9x13-inch pan with non-stick spray and set aside.
- Set a 12-inch high-sided skillet to medium-high heat.
- Add sausage, garlic, onion, sage and oregano.
- Break up sausage and stir until it is fully cooked and the onion is translucent.
- Remove the pan from the heat and add in the can of pumpkin, beef stock and Parmesan cheese.
- Stir to combine. Add the pasta and stir in until fully combined.
- Add the pasta mixture to the prepared 9x13-inch pan and top with the shredded mozzarella cheese.
- Place dish in the preheated oven and bake for 30 minutes or until the pasta is hot and the cheese is melted on top.

Pumpkin Chocolate Chip Cookies

You will need:

1 cup of canned pumpkin	1 cup of butter, softened	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ cup packed brown sugar	1 large egg, room temperature	1 tsp. vanilla extract
2 cups all-purpose flour	1 cup quick-cooking oats	1 tsp. baking soda
1 tsp. ground cinnamon	1-1/2 cups semisweet chocolate chips	

Instructions:

- In a bowl, cream together butter and sugars until light and fluffy, 5 - 7 minutes.
- Beat in egg and vanilla. In a separate bowl combine the flour, oats, baking soda and cinnamon.
- Stir in the dried mixture alternately with pumpkin mixture. Fold in the chocolate chips.
- Drop by tablespoonfuls onto ungreased baking sheets.
- Bake at 350 degrees F. for 10-12 minutes or until lightly browned.
- Remove to wire racks to cool.