



How to Bake Fresh Pumpkin

SERVINGS: 4-6

EST. COST: \$2.00

COST PER SERVING: \$0.50

Ingredients

- 1 ea pumpkin
- 1 tbsp oil (e.g. olive oil, avocado, coconut)
- 1 tsp salt

Directions

1. Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
2. Using a sharp knife, cut pumpkin in half lengthwise (removing the top and bottom is optional). Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings.
3. Brush the pumpkin flesh with oil, sprinkle with salt, and place flesh down on the baking sheet. Pierce skin a few times with a fork or knife to let steam escape.
4. Bake for 45-50 minutes or until a fork easily pierces the skin. Then remove pan from the oven, let the pumpkin cool for 10 minutes, then scoop out and use for whatever dish you'd prefer.
5. If turning into purée, simply scoop pumpkin into a blender or food processor and blend until creamy and smooth. If it has trouble blending, add a little water. But it shouldn't need it!

Equipment

Oven, baking sheet, parchment paper, knife, spoon

Optional: ice cream scoop, fork, blender or food processor



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Roasted Pumpkin		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	168.3	
		% Daily Value*
Total Fat	13.7 g	18 %
Saturated Fat	2 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1106.7 mg	48 %
Total Carbohydrate	12 g	4 %
Dietary Fiber	2.7 g	10 %
Total Sugars	5.1 g	
Added Sugars	0 g	0 %
Protein	1.8 g	
Vitamin D	0 mcg	0 %
Calcium	41.7 mg	3 %
Iron	1.6 mg	9 %
Potassium	572 mg	12 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Culinary Tip:

Baked pumpkin and pumpkin purée will keep covered in the refrigerator up to 1 week, or in the freezer for 1 month (or longer).

Health Benefits:

Pumpkin contains calcium, potassium, magnesium, and vitamins A, B1, B6, and C, copper, fiber, folate, and manganese. Pumpkin is very healthy and rich in antioxidants and is considered a safe food for weight loss.

References:

1. Minimalist Baker (2024) "How to Roast Pumpkin" Minimalist Baker Blog. from: <https://minimalistbaker.com/how-to-roast-pumpkin/#wprm-recipe-container-34577>
2. Recipe provided by Angelina Andriacchi. 2024.