

THANK YOU!

Project Staff:

Project Director- Ngozi Moses, M. Sc
Project & Research Associate- Brandy Watts, M.PH
Project Evaluator- Dr. Carolyn Springer, Ph.D
Communications/Administrative Associate- Isaiah Lyte

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Brooklyn Perinatal Network

*Celebrating 25 years of connecting individuals
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Main Office

76 Nevins Street
Brooklyn, NY 11217
Ph: (718)643-8258

Project Site office

444 Thomas Boyland Street
Brooklyn, NY 11212
Ph: (718) 240-9033

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Pumpkin Nutrition Facts and An Easy to Follow Guide Pumpkin Recipes



BROOKLYN PERINATAL NETWORK

NGOZI MOSES, EXECUTIVE DIRECTOR
DR. LOUIS D. CAMILIEN, CHAIRPERSON

About Pumpkin

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.



There are many different varieties of pumpkin. To learn more visit <http://www.allaboutpumpkins.com/varieties.html>

Vitamin Content

One serving size of pumpkin per 100 g contains exceptional amount of nutrition. It contains 6.5 g of carbohydrates, 1 g of protein, less than 1 g of fat, no cholesterol, and also contains dietary fiber.

Vitamins		DV
Folates	16 mcg	4%
Niacin	0.600 mg	4%
Riboflavin	0.110 mg	8.5%
Thiamin	0.050 mg	4%
Vitamin A	7384 IU	246%
Vitamin C	9.0 mg	15%
Vitamin E	1.06 mg	7%
Vitamin K	1.1 mcg	1%

DV=Daily Value



SOURCE United States department of Agriculture (USDA)

Pumpkin Nutritional Information

It is one of the very low calorie vegetables. 100 g of this vegetable provides just 26 calories and contains no saturated fats or cholesterol; however, it is rich in dietary fiber, anti-oxidants, minerals, and vitamins. The vegetable is recommended by nutrition experts to control cholesterol and reduce weight.

Pumpkin is a storehouse of many anti-oxidant vitamins such as vitamin-A, vitamin-C and vitamin-E. Vitamin A is a powerful natural anti-oxidant and is required by the body for maintaining the integrity of skin and mucus membranes. It is also an essential vitamin for good visual sight. Research studies suggest that natural foods rich in vitamin A help a body protects against lung and oral cavity cancers.

Roasted Butternut Squash Pumpkin Soup

Ingredients:

2 tablespoons extra-virgin olive oil
1/2 cup (1/4-inch) diced onion
1/4 cup (1/4-inch) diced celery
1/4 cup (1/4-inch) diced carrot
1 cinnamon stick
Sea salt, preferably gray salt
Freshly ground black pepper
About 4 cups chicken stock or canned low-salt chicken broth
1/2 teaspoon ground toasted coriander, optional
1 1/2 cups Roasted Winter Squash recipe
1/2 cup half-and-half, optional
Cook each side for about a minute.

Instructions:

Heat the olive oil in a large saucepan over medium heat until hot. Add the onion, celery, carrot, and cinnamon stick and sauté until soft but not brown, about 10 minutes. Season with salt, and pepper.

Add the chicken stock and the coriander, if using, and bring to a boil. Simmer for several minutes. Stir in the squash until smooth, then simmer gently to let the flavors meld, about 10 minutes. Discard the cinnamon stick.

Puree the soup in a blender until smooth. (The soup can be made ahead to this point, cooled, covered, and refrigerated for several days or frozen for about 1 month. It will thicken as it cools and may need thinning with stock or water when reheating.)

Pumpkin Risotto

Ingredients

1/2 cup extra-virgin olive oil
1 cup finely chopped onion
1 tablespoon chopped garlic
2 cups Arborio rice
1 cup dry white wine
About 6 cups of hot chicken stock or vegetable stock
1 pumpkin, one half baked in the oven and then pureed; the other half, peeled, cut into small dice, and sautéed in a little oil and butter until tender
1/2 cup grated Parmesan
4 tablespoons unsalted butter, cut into small pieces



Directions

In a medium-size heavy saucepan, heat the olive oil over medium-high heat. Add the onion and garlic and sauté, stirring continuously, just until softened, 3 to 4 minutes. Add the rice and continue to stir, using a wooden spoon, to coat the rice with the oil.

Add the white wine and continue cooking, stirring often, until it has been absorbed by the rice. Pour in enough chicken stock to cover the rice completely, about 3 cups, and continue to cook, stirring often, until all the liquid is absorbed.

Pour in 1 cup more of the remaining stock and stir and cook until it has been absorbed. Repeat with 1 more cup. Add the remaining cup and cook, stirring, until the rice is al dente, tender but still very chewy, and most of the liquid has been absorbed.

[Recipe courtesy Aida Mollenkamp](#)

Curry Potato & Pumpkin

Ingredients

2 tablespoons unsalted butter
2 tablespoons olive oil
1 medium onion, diced
2 garlic clove, finely chopped
3 teaspoon curry powder
Salt to taste
Pepper to taste
2 pounds fresh pumpkin, peeled, seeded, and cut into 1-inch pieces
2 medium red potatoes cut into 1-inch pieces
1.5 cups chicken broth
2/3 cup frozen baby peas (thawed)
Fresh parsley for garnish

Directions:

1. Melt butter and olive oil in a large pan over medium-high heat.
2. Add onion, and cook until golden-brown.
3. Add garlic and cook for about 1 minute Stir in curry powder, salt, and pepper.
4. Add pumpkin and potatoes and cook for about 5 minutes, stirring frequently.
5. Pour in chicken broth and cover.
6. Reduce heat and cook till tender.
7. Add peas, Garnish with parsley and serve.

This dish will be freshly prepared by Chef Delliz Hazel

Contact: Dellizkhazell@gmail.com