



Your guide to

Pumpkins

**Bonus:
5 pumpkin
recipes**

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Born in Central America around 7000 BC, the pumpkin grows on 6 of 7 continents and can get as big as 1,700 pounds or more. Thanks partly to Halloween, when pumpkins are ceremoniously carved into ghoulish and hilarious characters, The humble pumpkin is also a superfood with an A+ nutritional value report card.



When it comes to nutrition, the pumpkin packs a big punch

Pumpkins are rich in vitamins, minerals, and antioxidants. Their multitude of nutrients and antioxidants may boost your immune system, lower your risk of certain cancers, and promote a healthy heart and skin. They also contain a high content of beta-carotene, a carotenoid that your body converts into vitamin A. Vitamin A is helpful to protect your vision.

One serving of pumpkin has just a trace of fat and 30 calories.

A great complement to either sweet or savoury dishes

This fruit is very versatile and easy to add to both sweet and savoury dishes. If going with a savoury dish, you might decide to slice a whole pumpkin by hand. Keep in mind this could be challenging, as pumpkins are tough on the outside. Once sliced in half, scoop out the seeds and any stringy parts, then slice the pumpkin into wedges. Once sliced and cut up, pumpkin can be easily roasted or pureed. The seeds should be saved, as they are also edible. With a little salt, pepper, and olive oil, the seeds can easily be baked into a nutritious snack.



Pumpkin pro tip:

Pumpkin is usually available pre cut or canned, giving you less of an arm workout during your preparation. Especially when baking with pumpkin puree, buying canned is a great way to add pumpkin to any creation. Just be sure to read labels carefully, as the product should be 100% pumpkin.

5 healthy and delicious pumpkin recipes ↘

*NOTE - all pumpkin puree should be 100% pumpkin via canned or fresh pumpkin



Pumpkin muffins (or bread!)

Enjoy a muffin for breakfast, snack time, or an after-dinner delight.

Ingredients

1 cup pumpkin puree
¼ cup canola oil
¼ cup applesauce, unsweetened
2 eggs
⅓ cup maple syrup, sugar-free
1 tsp vanilla
2 cups whole wheat flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
2 tsp pumpkin pie spice
Nonstick cooking spray
Optional: ⅓ cup mini chocolate chips or ⅓ cup chopped walnuts

Preparation

Makes: 12 servings
Preparation time: 8 minutes
Cook time: 22 minutes for muffins;
50 minutes for bread

Preheat the oven to 350°F. Line muffin cup tray with muffin liners and spray liners with nonstick cooking spray. In a large bowl, whisk together pumpkin puree, oil, applesauce, eggs, maple syrup, and vanilla. In a small bowl, whisk together flour, baking powder, baking soda, salt, and pumpkin pie spice. Add dry ingredients to wet and stir to combine. If adding optional ingredients, mix in as well. Scoop batter evenly into prepared muffin tins. Bake for 20-22 minutes or until a toothpick inserted in the center comes out clean.

****Prefer a pumpkin bread?** Just heat the oven to 325°F. Spray a loaf pan with nonstick cooking spray. Add batter and bake about 50 minutes or until a toothpick inserted comes out clean.

Nutrition per serving (1 muffin or slice of bread)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
161	6 g	1 g	162 mg	27 mg	25 g	1 g	7 g	3 g	141 mg



Pumpkin pancakes

These are easy to whip up for a quick breakfast, anytime. Add some plain nonfat yogurt on top, or a sprinkle of nuts and cinnamon, for some additional flavours.

Ingredients

1 egg
¼ cup pumpkin puree
2 Tbsp whole wheat flour
¼ tsp pumpkin pie spice (adjust to your taste buds)
Nonstick cooking spray

Preparation

Makes: 1 serving
Preparation time: 5 minutes
Cook time: 6 minutes

Whisk the egg, and then add the flour, pumpkin, and pumpkin pie spice. Stir well until fully combined. Place a small nonstick skillet over medium heat. Spray with cooking spray and add the batter with a ¼ measuring cup. Cook for 2-3 minutes per side, flipping when bubbles begin to pop and edges lightly brown.

Nutrition per serving (2-3 pancakes)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
142	5 g	2 g	65 mg	164 mg	18 g	2 g	2 g	8 g	205 mg



Pumpkin soup

This savoury soup is the perfect winter warm-up — simple and comforting.

Ingredients

2 cups pumpkin puree
½ small onion, finely chopped
1 Tbsp olive oil
2 cloves garlic, minced
4 cups vegetable broth, low sodium
½ Tbsp curry powder (adjust to your taste buds)
1 (13.5-oz) can light coconut milk
Freshly ground pepper to taste
Optional: chopped pumpkin seeds.

Preparation

Makes: 4 servings
Preparation time: 5 minutes
Cook time: 30 minutes

Sauté the onion in the oil in a large pot over medium-high heat until lightly browned, about 5-7 minutes. Add the garlic and cook for 1 minute. Stir in the pumpkin puree, vegetable broth, and curry powder. Increase the heat and bring it to a boil.

Turn the heat to low and simmer for 5 minutes.

Stir in the coconut milk and let it gently simmer for another 10 minutes or so, until slightly thickened. Add pepper to taste.

Option: top with chopped pumpkin seeds.

Nutrition per serving (1 cup; not including optional pumpkin seeds)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
149	9 g	5 g	171 mg	0 mg	17 g	4 g	6 g	3 g	284 mg



Pumpkin yogurt parfait

This could be a tasty snack or an after-dinner treat.

Ingredients

2 cups nonfat vanilla
Greek yogurt
2 Tbsp pumpkin puree
 $\frac{1}{4} + \frac{1}{4}$ tsp pumpkin pie spice
3 sheets graham
crackers, crumbled

Preparation

Makes: 2 servings
Preparation time: 6 minutes
Cook time: 0 minutes

In a small bowl, combine 1 cup of the yogurt with the pumpkin puree and $\frac{1}{4}$ teaspoon of the pumpkin pie spice. Set two tablespoons aside. In a separate bowl, combine the remaining 1 cup of yogurt with the remaining $\frac{1}{4}$ teaspoon of the pumpkin pie spice.

In two small glasses or parfait cups, layer half of the vanilla yogurt in each, then two tablespoons of the graham cracker crumbs in each, then half of the pumpkin yogurt in each, then another two tablespoons of the graham cracker crumbs. Top both glasses with the one tablespoon of vanilla yogurt set aside and any remaining graham cracker crumbs.

Nutrition per serving (1 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
194	3 g	1 g	186 mg	27 mg	26 g	1 g	13 g	17 g	65 mg



Pumpkin turkey chili

A tasty way to warm up and enjoy the flavours of the season.

Ingredients

1 lb lean ground turkey
½ medium onion, chopped into small pieces
2 cloves of garlic, crushed
1 cup pumpkin puree
4 oz tomato sauce, low sodium
1 Tbsp light brown sugar
1 Tbsp Dijon mustard
1 tsp chili powder
1 tsp cumin
1 tsp cayenne pepper
½ tsp kosher salt
¼ tsp pumpkin pie spice
Nonstick cooking spray

Preparation

Makes: 4 servings

Preparation time: 5 minutes

Cook time: 1 hour, 7 minutes

Place the Dutch oven over medium-high heat and spray the bottom with nonstick cooking spray. Add chopped onion and garlic and sauté 6-7 minutes, or until onions are lightly browned. In a separate medium-size bowl, mix the ground turkey with chili powder, cumin, and cayenne pepper. Add mixture to Dutch oven and cook until browned, stirring often. Stir in pumpkin, tomato sauce, brown sugar, mustard, salt, and pumpkin pie spice. Add 1 quart of water and simmer for approximately 1 hour, stirring every 15 minutes.

Serve with a dollop of nonfat Greek yogurt and a dash or two of hot sauce.

Nutrition per serving (1 cup; not including Greek yogurt)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
233	9 g	3 g	478 mg	81 mg	15 g	4 g	8 g	25 g	567 mg