Pumpkin...Not only for Pumpkin Pies!

Pumpkin stars as a leading dessert this holiday season. But this super food is packed with vitamins and fiber. A ½ cup of pure pumpkin puree is 40 calories, has 5 grams of fiber and is loaded with vitamin A and potassium. Pumpkin has a fantastic creamy texture, but it's not that sweet on its own. Its mild taste makes it an excellent base for all sorts of flavors: sweet and savory! Adding pumpkin to a sauce adds more thickness, wonderful texture, and extra fiber. You could add it to chili, spaghetti sauce, or substitute it in your baking dishes. Watch out for Pumpkin Pie Mix. The cans of pumpkin may look similar, but pumpkin pie mix is double the calories and has three times more sugar than 100% Pure Pumpkin. Enjoy this season with some fun new recipes!

Pumpkin Turkey Chili

Ingredients:
- 1 tablespoon canola oil
- 1 cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped yellow bell pepper
- 1 clove garlic, minced
- 1 pound of ground turkey
- 1 (14.5 oz.) can diced tomatoes
- 2 cups 100% pumpkin puree
- 1 1/2 tablespoons chili powder
- salt and pepper to taste

Directions:
Heat the oil in a large skillet over medium heat, and sauté onion, green bell pepper, yellow bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown. Drain, and mix in tomatoes and pumpkin. Season with chili powder, salt, and pepper. Reduce heat to low, cover, and simmer 20 minutes. Serve with sour cream or cheddar cheese on top.

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