

Pumpkin Cloverleaf Rolls

Ingredients:

6 tablespoon, melted and divided
2 teaspoon active dry yeast
1/3 cup warm milk
1 tablespoon honey or sugar
2 3/4 cups all-purpose flour
1 1/2 teaspoon salt
1/3 cup mashed pumpkin
2 eggs
1 tablespoon water

Makes 1 dozen



Directions:

1. Stir together yeast, warm milk, and honey in a large bowl. Let stand until foamy, about 5 minutes.
2. Mix flour, pumpkin, 1 egg, and 5 tablespoons butter into yeast mixture with a wooden spoon or mixer until a soft dough forms. Turn dough onto a floured surface and knead. Add enough additional flour to keep dough from sticking.
3. Put dough in a large oiled bowl. Turn dough to coat. Cover dough with plastic wrap. Allow to rise in a draft-free place at warm temperature until doubled, 1 1/2 to 2 hours.
4. Punch dough down and divide in half. Divide each half into six equal pieces. Divide each piece into thirds to make cloverleaf.
5. Grease muffin tins with 1 tablespoon butter. Place one cloverleaf into each muffin cup. Allow dough to rise to about 1 inch about rim of muffin cups, 1 to 1 1/2 hours.
6. Preheat oven to 375° F.
7. Whisk remaining egg and 1 tablespoon water together. Brush tops of rolls. Bake until golden brown, about 20 minutes. Remove from pans and place on a wire rack to cool.

For more healthy holiday recipes contact:
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*This recipe was modified from
University of Nebraska–Lincoln Extension.*

Pumpkin Whole Wheat Pancakes

Yield: Makes 10-12 pancakes

Ingredients:

- 2 eggs
- 2 tablespoons vegetable oil
- 1 1/2 cups low-fat milk
- 3/4 cup canned pumpkin or pumpkin puree (not pumpkin pie filling)
- 2 tablespoons brown sugar
- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- 2 tablespoons baking powder
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon

Directions:

1. Wash hands with soap and water.
2. Break eggs into a clean, medium bowl and beat with a fork. Wash hands with soap and water after cracking raw eggs.
3. Add the oil, milk, pumpkin and brown sugar to the bowl with the eggs. Combine all-purpose flour, whole wheat flour, baking powder and spices in small bowl.
4. Add dry ingredients to pumpkin mixture. Stir until combined. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
5. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Use a spatula and flip. Lightly brown the other side. Refrigerate leftovers.

Notes:

- These pancakes are soft and moist - perfect finger-food for little ones when cut into bite-sized pieces.
- You can substitute regular whole wheat flour for the white whole wheat flour listed in the recipe.
- Try freezing leftover pancakes by simply placing in a freezer bag and popping in your freezer. The frozen pancakes can be heated in the microwave or placed in the toaster for a quick breakfast or snack.

Nutrition Information:

- Serving Size (1 pancake):
- Calories 128
- Total Fat 3.5g
- Saturated Fat 0.7g
- Sodium 270mg
- Total Carbohydrates 21g
- Fiber 2g
- Total Sugars 4.4g
- Protein 4.7g

Have a Healthy Red & Green Holiday!

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180 / <http://lancaster.unl.edu>
by Alice Henneman, MS, RD, Extension Educator

Eating several servings of a variety of colorful fruits and vegetables a day helps maintain good health, protect against the effects of aging, and reduce the risk of cancer and heart disease.

Have some fun with the red and green colors during the winter holiday season. Here's a list of red and green fruits and vegetables from the National Cancer Institute.

Red

● Tomatoes ● spaghetti sauce ● tomato juice ● tomato soup ● red peppers ● red onions ● beets ● red cabbage ● kidney beans ● apples ● pink grapefruit ● red grapes ● strawberries ● cherries ● watermelon ● raspberries ● cranberries ● pomegranates

Green

● Leafy greens ● asparagus ● green peppers ● broccoli ● green beans ● peas ● cabbage ● green onion ● Brussels sprouts ● okra ● zucchini ● Chinese cabbage ● green apple ● green grapes ● honeydew melon ● kiwifruit ● limes



clipart courtesy of
foodandhealth.com

Some quick red and green fruit/vegetable combos include:

- Red and green apple slices surrounding your favorite fruit dip like a wreath
- Cole slaw with red apple chunks
- Cole slaw with cherry tomato or grape tomato halves
- Tomato soup garnished just before serving with a sprinkle of green onion stems, sliced into small rings
- Small sprigs of red and green grapes used as an edible garnish around a holiday meat platter
- Peas garnished with bits of pimiento
- Pomegranate juice garnished with a slice of lime
- Juicy pomegranate seeds tossed atop a green salad
- Pizza with a tomato sauce topping and chopped green peppers

To find recipes featuring red and green colored fruits and veggies:

- Search by color on the Produce for Better Health Foundation "Fruits and Veggies - More Matters" Website at www.fruitsandveggiesmorematters.org
- Check out the recipes on the Centers for Disease Control and Prevention Website at www.fruitsandveggiesmatter.gov

Learn about the other colors and how much fruits and veggies are needed daily based on age, sex and physical activity with the quick calculator at www.fruitsandveggiesmatter.gov

MyPlate Salad

4 servings

Go for more color with your vegetables! Have a variety of dark green, orange, red, yellow, and add in dry beans and peas.

- | | |
|----------------------------------|-----------------------------------|
| ½ Bunch dark green leafy lettuce | ¼ c. raisins |
| 1 Tomato, chopped | 1 Apple, cored and chopped |
| 1 Carrot, chopped or shredded | ½ c. cooked ham or turkey, cubed |
| ½ Cucumber, chopped | ½ c. cheese, shredded |
| | Low-fat salad dressing (optional) |



1. Wash lettuce and tear into bite-sized pieces. Place in a large bowl.
2. Add remaining ingredients and mix.
3. Gently mix with your favorite dressing, if desired.
4. Serve with whole grain bread and you have all 5 food groups!

Nutrition Information per Serving: Calories 120, Total Fat 5 g (8% DV), Saturated Fat 3 g (16% DV), Cholesterol 15 mg (5% DV), Sodium 140 mg (6% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 2 g (6% DV), Sugars 9 g, Protein 5 g, Vitamin A 45%, Vitamin C 15%, Calcium 10%, Iron 2%.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Holiday Bagel Bites

Yield: 1 serving

Ingredients:

- 1/2 whole wheat mini-bagel
- 2 teaspoons low-fat cream cheese
- 2 Tablespoons finely chopped and washed red and green fruit such as kiwi, green grapes, green and red apples, strawberries, raspberries, etc.

Directions:

1. Wash hands with soap and water.
2. Spread a thin layer of cream cheese on the bagel.
3. Sprinkle fruit to resemble a holiday wreath.

Nutrition Information:

Serving Size (1/2 bagel): Calories 105, Total Fat 2g, Sodium 91mg, Total Carbohydrates 19g, Fiber 2g, Total Sugars 9g



Photo provided by Cami Wells

Recipe Ratings:



Total votes: 48



Pumpkin Power! Book and Bake

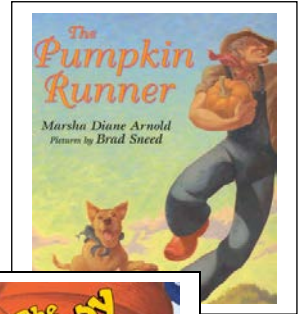
Pumpkin deserves a year-round place in classrooms, after school clubs, child care centers, camps and at home. A Native American food, it can

- Engage older youth to build younger children's literacy, food skills and healthy lifestyles.
- Provide educators links to literature, horticultural and nutrition science, measurement and health.
- Help youth grow and prepare an economical, under-served vegetable with a grain food they can enjoy again at home as a favorite for breakfast, lunch or dinner.

What you'll need: 45 to 60 minutes



- Book: Pre-school: *The Runaway Pumpkin*. By Kevin Lewis
Early Elementary: *The Pumpkin Runner* by Marsha Diane Arnold.
- A real pumpkin OR if unavailable, photos of pumpkins and canned pumpkin
- Clean table top or cover with cloth or paper
- Electric griddle(s) or skillet(s)
- Extension cord, duct or electrical tape to secure the cord (to avoid tripping)
- Pumpkin Pancakes ingredients (Double recipe makes 15-18 pancakes)
- Whisk, spoon, level edged knife or spatula
- Large bowl
- Dry and liquid measuring cups, spoons
- Vegetable oil for griddle
- Spatula to flip pancakes
- Plates, forks, napkins
- Applesauce, Pumpkin Butter, Fruit Sauce, Syrup or the ingredients to prepare them
- Sink or water and tubs plus dish detergent to clean up



→ *Pumpkin Circle: The Story of a Garden* by George Levenson and Teacher Tube provide great visuals!

→ The true story of *The Pumpkin Runner* is a natural conversation starter about health and wellness.

1. Can a human really run all day? (Yes—African runners today, Native Americans throughout history...)
2. What else did the main character do that made him strong and healthy? (He worked hard farming/ranching/gardening—did he need to go to a gym to “work out?” No—he “works out” everyday on the sheep ranch!)
3. How much special equipment do we really need to be a runner? (Compare the different competitors)
4. Why was pumpkin such a great food for running? (Rich in complex carbohydrates and fiber—great long-lasting fuel—and pumpkin has no fat, sugar or cholesterol, just lots of minerals, Vit. A, C and E, calcium, iron, potassium, and more!)
5. How much exercise do we need everyday to be *basically* healthy? (One hour a day—60 minutes total—would be the basics. Walking, running, biking, working)
6. How could you learn to grow pumpkins? (Find a Master Gardener or Jr. Master Gardener or 4-H program in your county. Start with the County or Area Cooperative Extension Office -Locate one at www.learningandlivingwell.org)

Getting Started! First read the story—then the recipe—top to bottom, out loud, together.

- Wash hands, table.
- Assemble all the ingredients and equipment.
- Divide the tasks or prepare several recipes by working in teams.

Pumpkin Pancakes Makes 15, (1.3 oz/36g) pancakes

- 1 cup enriched all purpose or wholegrain baking mix*
 - ¼ cup quick oatmeal OR whole wheat flour OR cornmeal OR flax meal
 - 1 tablespoon dark brown sugar, firmly packed
 - ¼ teaspoon ground cinnamon
 - 1/8 teaspoon ground nutmeg
 - 1/8 teaspoon ground ginger
 - ¾ cup low fat milk
 - 1 large egg, lightly beaten
 - ¼ cup mashed or canned pumpkin
 - 1 tablespoon vegetable oil or melted butter
- *Jiffy Mix or Hodgson Mill InstaBake

Nutrition Facts	
Serving Size (36g)	
Servings Per Container	
Amount Per Serving	Calories from Fat 25
Calories 80	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 15mg	5%
Sodium 180mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 15%	Vitamin C 0%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Pumpkin Pancake Directions

1. In a medium mixing bowl, beat all ingredients together until well blended.
2. Brush the griddle or skillet with oil, and preheat until hot (375-400 ° F.).
3. Ladle or pour ¼ cup batter onto the griddle or skillet.
4. Bake until tops are bubbly and edges are dry. Turn 'cakes only once; bake until golden brown.
5. Serve with fruit sauce, applesauce, honey butter or syrup.

Serving options:

Fruit Sauce: With a hand blender puree one, 15 oz. can peaches or apricots, 1 small can mandarin oranges and 1 cup fresh or frozen berries

Honey butter: 1 stick butter creamed with 1/3 cup honey

Fruit Syrup: 1 cup light corn syrup + ½ cup fresh or frozen fruit Simmer 2 to 3 minutes.

Pumpkin butter: In a large saucepan/electric skillet, combine: 1, 29 oz. can pumpkin puree, ¾ c. apple juice, 1½ c. granulated sugar, 2 tsp. cinnamon, ¾ tsp. each ginger and nutmeg, ½ tsp. cloves. Slowly bring to boil and simmer while stirring, about 30 minutes (until thick). Serve or refrigerate when cooled.

Why not share your wealth!?

- Visit a retirement center and plant and care for pumpkins. Prepare pumpkin pancakes with a group. Need a partner to help? Consult a Cooperative Extension educator, master gardener or volunteer. →Locate at www.learningandlivingwell.org
- Plan an "Everyone Needs Pumpkin" food drive for the local food pantries. Ask a local club, cross country or athletic team to help by making a can of pumpkin a part of one of their event's admissions cost.
- Volunteer for a library reading program at school or the local library. If making the Pancakes is not possible, maybe the following pumpkin bread could be shared or the dry ingredients made into a mix and sent home.

Pumpkin Wholegrain Bread (or Muffins) Makes one large loaf/20, 1.5 oz. (41g) slices or 12 large muffins

Ingredients

3 tablespoons butter

2 tablespoons vegetable oil

3 tablespoons flax meal OR wheat germ

2/3 cup packed brown sugar

1 large egg

1 cup canned pumpkin

½ cup low fat milk

Blend dry ingredients separately with wire whisk:

2 cups whole wheat flour*

1 tablespoon baking powder

1 teaspoon ground cinnamon

¼ teaspoon salt

¼ teaspoon baking soda

¼ teaspoon ground nutmeg

1/8 teaspoon ground ginger OR cloves

Options: ½ cup chopped walnuts OR raisins OR dried cranberries or cherries

Directions: Preheat the oven to 350 ° F. for loaf and 400 ° F for muffins.

1. Grease the bottom and lower sides of one, 8 ½ X 4 ½ -in loaf pan.

Muffin option: Line 12 muffin cups with paper liners or spray bottoms of cups.

Scoop batter into cups; filling each cup 2/3 full. Bake at 400°F.

2. Cream the butter and sugar together until smooth. Beating on medium high, drizzle in the oil and add the flax meal. Beat 2 minutes.

Add the egg; beat until fluffy.

3. Add the pumpkin and milk; blend on low. Spoon in the dry mixture and mix on low just until blended. Stir in the nuts or dried fruit. (*Analysis at right used walnuts*).

5. Bake loaf in the center of the oven for 55 to 65 minutes—center tests done at (200-210 ° F). Muffins, 20-25 minutes, until golden and centers test done with a toothpick. Cool loaf 5 minutes; remove from pan and cool on wire rack. Wrap and freeze or slice.

*Use whole wheat flour, or Ultragrain® flour, www.ultragrain.com.

Nutrition Facts	
Serving Size (41g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 15mg	4%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 45%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Visit www.homebaking.org and its links for more great pumpkin recipes, ingredients, mixes and Book and Bake Lessons!