

Lubbock County Family Network



Texas A&M AgriLife Extension Service-Lubbock County * PO Box 10536 * Lubbock, TX 79408
916 Main, Suite 401 Lubbock, TX 79401 * 775-1740 * Fax 775-1758 * <http://lubbock.agrilife.org/>

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Know Your Risk - Diabetes

November was National Diabetes Month. Diabetes is a disease that occurs when your blood glucose is too high. Blood glucose is the main source of energy for your body and it comes from the foods you eat. Insulin, a hormone made in the pancreas, helps glucose from food get into your cells to be used properly for energy. Sometimes your body doesn't make enough, or any, insulin. When there is not enough insulin in the blood, glucose stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems, like diabetes. Although diabetes has no cure, there are several things you can do to manage diabetes and stay healthy.

There are several different types of diabetes. The most common types are type 1, type 2, and gestational diabetes. Type 1 diabetes occurs when your body does not make insulin. Your immune system attacks the cells in the pancreas that make insulin. The known risk factors for type 1 diabetes include family history and age. Having a parent or sibling with type 1 diabetes significantly increases your risk. Someone can develop type 1 diabetes at any age, but it is more likely to develop when you're a child, teen or young adult. Currently, no one knows how to prevent type 1 diabetes.

Type 2 diabetes can occur when your body does not make or use insulin efficiently. Type 2 diabetes is the most common. Diabetes affects about 1 out of 10 Americans (34+ million), 90-95% of those with diabetes have type 2. There are various risk factors for type 2 diabetes, including: having prediabetes, being overweight, 45 years or older, having a family history of type 2, and being physically active less than 3 times per week. Women who have had gestational diabetes are at increased risk for type 2 diabetes. Some ethnicities are at increased risk of developing type 2 diabetes including: African American, Hispanic/Latino American, American Indian or Alaska Native. Type 2

diabetes can be prevented or delayed with simple, proven lifestyle changes such as losing weight if you are overweight, eating healthier, and getting regular physical activity.

If you are concerned about your risk for diabetes, visit the American Diabetes Association website to learn more about how to take charge of your health, take a risk assessment test, and learn how reduce your risk and take steps to increase your daily physical activity.

Sources: Centers for Disease Control - Diabetes Risk Factors: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and American Diabetes Association.

The Story of Your Dinner

Partnership for Food Safety Education

Food Safety Tips

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.

- **Suds up for 20 seconds.** Wash hands with soap under warm, running water before and after handling food to fight bacteria.
- **Start with a clean scene.** Wash cutting boards, dishes, countertops and utensils with hot water and soap.
- **Keep foods separate.** Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- **Don't rinse meat or poultry.** It is not a safety step and can spread germs around your kitchen.
- **Keep your refrigerator at 40°F or below.** Refrigerate leftovers in shallow containers within two hours.
- **Read and follow package cooking instructions.** The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it's important to use the proper appliance to ensure even cooking.

- **Place meat and poultry in plastic bag provided at the meat counter**, and keep it in the plastic bag in your refrigerator at home.
- **Rinse fresh fruits and veggies** under running tap water, including those with skins and rinds that are not eaten.
- **Never defrost at room temperature.** Safely defrost food in the refrigerator, in cold water or in the microwave.
- **Use a food thermometer.** Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.
- **Clean out your fridge.** No leftovers past 3-4 days.

Learn more about food safety at <https://www.fightbac.org/food-safety-education/the-story-of-your-dinner/>

Enjoy a Safe and Healthy Holiday Meal!

Here are some tips to help you stage a safe and delicious holiday dinner from your kitchen!

STEP 1: CLEAN

Frequent cleaning and sanitizing **keep bacteria and viruses from spreading** throughout the kitchen and contaminating food.

Use a dilute bleach solution (1 T. unscented liquid bleach + 1 gallon of water) to sanitize after you have cleaned. Spray the solution onto surfaces and cutting boards, let stand a few minutes, then rinse and dry with clean paper towels.

Rinse fruits and vegetables under running tap water just before eating or cooking. Scrub firm-skinned produce, such as apples and potatoes, with a clean produce brush. Blot dry with clean cloth or paper towel.

Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

STEP 2: SEPARATE

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.

STEP 3: COOK

Relying on color or poking with a fork to check for doneness is guesswork and puts you and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a three-minute "rest time" after removal from the heat source
Ground meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F , but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F
GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

STEP 4: CHILL

Bacteria multiply fastest between 40°F - 140°F (4°C - 60°C); this is known as the "Danger Zone." Chill leftovers and takeout foods within 2 hours. Keep fridge at 40°F or below.

TURKEY HANDLING

- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1 lb or more of turkey for each person you plan to serve.
Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat.
- Cold water thawing - leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.
- Cook the turkey to an internal temperature of 165°F, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.
- **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to 165°F as well.



- Let the turkey stand for 20 minutes after removing from the oven before carving.

LOVE LEFTOVERS? SO DO WE!

Get them into the fridge within 2 hours.

Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to 165°F, they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TURKEY
12-14 lb Unstuffed Turkey
<p>Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165°F!</p> <p>Size/temp/time chart available at www.fightbac.org</p>

Resources:

U.S. Food and Drug Administration Hotline
1-888-SAFEFOOD www.fda.gov/Food

U.S. Department of Agriculture Meat and Poultry Hotline
1-888-MPHOTLINE ask.usda.gov

TEXAS ROADS HAVE NOT HAD A FATALITY FREE DAY SINCE NOVEMBER 7, 2000

What if...We Could All Take Responsibility and End the
Streak!

It has been 20 years since Texas could claim a day where there were no fatalities on our roads. On November 7, Texas marked 20 years of daily deaths on our roadways with more than 70,000 people killed since 2000. According to the Texas Department of Transportation (TxDOT) every day in Texas nearly 10 people are killed in traffic crashes with the leading causes of these deadly crashes continuing to be failure to stay in one lane, alcohol, speed and distracted driving. TxDOT is promoting the “End the Streak” campaign to help end motor vehicle fatalities in Texas. The road to ending the streak is not impossible, In Texas there were 23 counties with zero fatalities in 2019.

The pandemic has taught us all about the importance of shared responsibility. Ending this streak of needless tragedy on Texas roadways is also a shared responsibility. While it is considered socially unacceptable to drink and drive and most people would think twice about drinking and driving or riding with a drunk driver, riding with a driver who is speeding, not buckled up, using their phone while driving or driving in any reckless manner has not reached the threshold of being socially unacceptable yet. Drivers and

passengers can change that by taking responsibility for each other’s safe driving.

What if for one day everyone took responsibility for themselves and their friends and there were no drunk drivers on our roads? And there was not one person driving somewhere to drink with a plan for a sober ride home - and no underage drunk drivers were to be found anywhere.

What if everyone made sure that the driver and all passengers in the vehicle were buckled up? And, that all children were riding in the correct car seat for their age, weight and height and the seat was installed correctly.

What if everyone took responsibility to make sure that no driver was speeding down the road, but was instead driving within the speed limit, including slowing down for construction and emergency vehicles, and driving more slowly and cautiously during bad weather conditions?

What if everyone made sure that they did not drive distracted or ride with anyone who was driving distracted? And, that no teens were riding with other teens, which is the main source of their distractions and against the law according to the Graduated Driver License Law. What if no youth or adult was driving while using a cell phone and totally concentrating on their driving?

What if everyone took the responsibility to make sure that they were not driving drowsy and passengers made sure that their driver was rested and alert? What if there were no drowsy drivers on the road and every driver, including commercial drivers, made sure they were well rested and prepared for the trip?

What if everyone took responsibility to drive defensively and civilly and passengers made sure they would only ride with a driver who treated the lives of others on the road with respect?

What if everyone took on these responsibilities and Texas could once again enjoy a day where there was not one fatality on our roads? Then, we could put an end to this terrible streak of roadway deaths in Texas - and it would bear repeating!

These do not have to be just rhetorical questions. For information on the End of the Streak campaign visit: <https://www.txdot.gov/inside-txdot/media-center/psas/end-streak.html>

HOW and WHEN TO USE BLEACH

If you’ve never used bleach and have questions about it, the American Cleaning Institute’s got you covered. Bleach is great for disinfecting surfaces, clothes, and linens. Other types of soaps and detergents are better for routine cleaning. Bleach is for when you want to sanitize, as well as get your clothes nice and bright.

Here are the basic ins and outs. Of course, always read the label for additional information, especially if it's your first time using any product.

- Before using bleach to disinfect a surface (countertop, bathtub, etc.), read the label instructions carefully. TIP: Consider using bleach on countertops and utensils after preparing raw chicken or other foods that can become dangerous if not cleaned properly.
- Create your bleach/water solution (per the label instructions), and let it sit on the surface for about five minutes. TIP: Bleach is one of the most economical disinfecting agents, and you often need just a tablespoon to a quarter cup of bleach per gallon of water.
- Rinse the surface with warm water (not hot) and wipe it dry.
- For laundry, if your machine has a bleach dispenser, they've measured it for you - great! If not, first add your regular detergent to the wash water before adding the clothes or bleach. Add half a cup of bleach to the wash water and add your clothes once the wash cycle has started.

IMPORTANT: It's dangerous to mix bleach with other cleaning agents - even vinegar. When using chemical agents like bleach, you should wear your kitchen gloves to protect your skin. And, when you're doing a lot of cleaning with bleach, ventilate the room.

Preparing Your Home for Winter

Fall is a great time to prepare your heating systems for the winter months ahead. Whether your home uses a radiator or a furnace, we have tips to help keep your heaters clean.

Furnace

If your furnace has a reusable filter, make sure the furnace is off, then take the filter out to clean it. Note the direction of air flow, as you'll need to put the filter back in the right direction. Some filters can be washed with soap and water or rinsed with just water, but others can't, so always check the manufacturer's instructions first. After washing the filter, let it air dry completely before putting it back in place.

If your filter is disposable, don't reuse it. You'll need to throw it out and get a new one. Don't forget to clean the HVAC air vents and registers as well. Run the vacuum around the vents and registers using the dust brush attachment.

Cast Iron Radiators

If you live in an old house or apartment, you may have a cast iron radiator instead. Make sure the heat is off before you start cleaning. Use the crevice tool attachment on your vacuum to remove dirt and debris from under the radiator, then place old towels or sheets on the floor to catch any debris that might fall as you're cleaning. If your radiator

looks really dusty, consider wearing a mask to minimize the amount of dust you might breathe in.

Use a brush attachment to vacuum dust and dirt from the radiator. Run a radiator brush - or a long stick with a clean cloth wrapped around the end - through the radiator openings. Start from the top and work your way down to dislodge dust and dirt.

Dampen a clean cloth or a non-abrasive sponge with mild detergent and water and scrub the surface of the radiator. If the cloth or sponge gets too dirty, rinse it with clean water. Once the radiator is clean, wipe it with a clean cloth to prevent the iron from rusting. Always follow manufacturer's instructions or call a licensed professional for help.

Windows

If your home has drafty windows, it's a good idea to insulate them to keep the heat inside. Cleaning the windows first will help your insulation job stay in place. Use a cloth to remove dirt and dust from the window frames and sills. A small broom or vacuum can be useful to getting rid of larger debris.

Plastic and vinyl frames and sills can be wiped down with cleaning wipes. If you use a spray product, be sure to spray the product on a cloth, and then use the cloth to clean only the sills and frame. For glass, spray glass cleaner on a cloth and then use the cloth to clean the glass only.

Source: American Cleaning Institute
www.cleaninginstitute.org

EATING HEALTHY WHILE EATING OUT

- **Know your restaurant before you go.** See if the restaurant has an online menu with nutrient information. Make your selection before you walk in.
- **Don't eat out if you are too hungry.**



- **Say no to "complementary" foods.** Free breadsticks, chips, salsa or peanuts may fill you up before your meal arrives. Once your meal arrives, you may feel obligated to eat complementary foods even if you are getting full.
- **Don't be afraid to ask how your food is prepared.** Choose entrées that are baked, broiled or steamed, instead of fried. Avoid entrée that are described as "smothered," "fried," or "breaded."

- **Channel your inner child!**
Ask for a kid's meal! If the server says no, choose an appetizer or a side dish instead. This helps you avoid large portions.
- **Make a plan for the rest of your meals and snacks.**
Eating out at dinner? Eat a lighter lunch or skip the afternoon snack. Planning the rest of your meals can also help you stay in budget.
- **Skip the buffet!**
Buffet advertisements often encourage you to overeat to get your money's worth. If you do eat at a buffet, choose fresh salads, fruit, lean meats and vegetables that are not cooked in butter or cream sauces.
- **Think about your drink.**
Sugar sweetened beverages, along with those that contain alcohol, contribute calories but little nutrition. Choose water when you can, and if you want something other than water, try unsweet tea or a sugar free soda.
- **Add colorful and healthy options to your meal.**
Choose salads that come with leafy greens and a mixture of fresh vegetables! Ask for toppings like garbanzo beans and sunflower seeds. Don't forget to ask for your dressing on the side so you can control how much you use!
- **Share an entrée or immediately place half of the meal into a container.**
This will help you eat less at the meal! Saving the other half will also make an easy meal the next day. Don't forget to store your leftovers safely.

Source: Created by Sara Cathey, Jenna Anding, and the Extension Food and Nutrition Unit, May 2020.

CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Buffet Table Tips for People with Diabetes

Barbecues, picnics, potlucks, and family reunions are gatherings to enjoy and treasure. But if you have diabetes, these events can pose special challenges. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it! If you choose wisely and watch how much you eat, you can have a delicious meal and feel good, too. So, grab your plate and head for the buffet table.

When You Go

- **Plan ahead.** Before you go, think about the foods that might be served. Decide which foods will help keep your blood sugar under control and which foods you want to avoid.
- **Check out all that's offered on the buffet.** Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- **Watch your portions.** Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of deep-fried foods, fatty foods like bacon or pork, cheesy foods, and desserts.

- **Come prepared.** If possible, bring a low-fat main dish so you'll have something healthy to eat. Let people know what ingredients you used. This will be helpful for your friends and family members who are also trying to watch what they eat.
- **Focus on family and friends, instead of the food.** One trip to the buffet table may be enough if you make enjoying the company of your loved ones the focus of the day.

Vegetable Tips

- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) **with colorful, non-starchy vegetables**, such as broccoli, bell peppers, green beans, carrots, cabbage, eggplant, and spinach.
- **Choose fresh or steamed vegetables that are light on salad dressing, cheese, or cream.** If you can, make your own dressing for salads with a little olive oil and vinegar.
- **Watch out for vegetable dishes loaded with butter and cheese**, like casseroles and vegetables with sauce.
- **Take just a taste of vegetable dishes cooked with fats** like lard or high-fat meats such as ham hocks or pork belly.

Grains and Starches

- Take only as much grain or starchy vegetables, such as rice, bread, potatoes, or green peas, to **fill ¼ of your plate.**
- **Choose high-fiber grains** like steamed rice (brown rice is better) and whole-grain breads like whole wheat and cornbread.
- **Avoid using butter or margarine** on bread, rice, and other grains and starches.
- **Take small portions or avoid starches with heavy sauces** like macaroni and cheese and potato salad.

Protein Tips

- **Take 2-3 ounces of protein**, such as chicken or other lean meat, fish, or bean dishes (like three bean salad), to fill ¼ of your plate.
- **Pick dishes with baked or grilled lean meat** (like chicken without the skin or beef with the fat cut off), **fish, game or shrimp.**
- **Try turkey burgers.** Top off your burgers and sandwiches with fresh veggies and mustard rather than mayonnaise and cheese.
- **Take just a taste of meats that are breaded**, fried, or cooked with a lot of fat or heavy sauces, like fried chicken or chicken fried steak.
- **Choose protein-rich bean dishes.** Baked beans and black-eyed peas are good choices. But take only small amounts of bean dishes cooked with added sugar and fat.

Sweet Tips

- **Choose fresh fruits**, such as pears, apples, strawberries, or melons, or a fruit salad without sugar or whipped cream added. Fruit is an excellent source of fiber, vitamins, and minerals.
- **Have small serving of foods that are high in sugar and fat**, like cookies, cake, cobblers, or pies. Or skip the sweets altogether.

Drink Tips

- **Drink water, unsweetened coffee or tea, or other sugar-free beverages.**
- **If you drink alcoholic beverages**, have no more than one drink a day if you're a woman and no more than two drinks a day if you're a man.
- **Always eat food when drinking alcohol**, and never drink on an empty stomach.

Source: National Diabetes Education Program

www.cdc.gov/diabetes.ndep

NUTRIENTS THAT SUPPORT A HEALTHY IMMUNE SYSTEM

Eat foods rich in these nutrients to help support your immune system

Beta Carotene

Beta carotene, a form of Vitamin A, is found in orange, red, and dark green vegetables like carrots, broccoli, sweet potatoes, spinach. You can also find the vitamin in eggs and fortified foods.

Vitamin C

Vitamin C is found in citrus fruits, red bell peppers, strawberries, tomatoes and melons.

Depending on your age and calorie needs, aim for 1 to 2 cups of fruit and 2 to 3 cups of vegetables each day.

Vitamin D

This vitamin is found in fish like salmon and tuna as well as eggs and fortified dairy foods, such as milk and yogurt. Aim for 2 to 3 cups of fortified dairy foods a day and 2 servings of fish per week.

Vitamin E

This vitamin is found in seeds, almonds and other nuts, nut butters, and avocados. Unless allergic, try adding an ounce of nuts in your diet daily.

Protein

Protein come from animals and plants. Animal sources include meat, poultry, fish, seafood, eggs, and dairy. Nuts, seeds, beans and peas, and soy are sources of plant protein. The amount of protein needed depends on gender, age, and level of physical activity.

Other essential nutrients are folate, iron, selenium and zinc. Folate is found in leafy vegetables, beans, avocados and

fortified foods. Iron is found in beef, spinach and fortified foods. Selenium sources include meat, fish, and Brazil nuts. Animal proteins, nuts, whole grains and legumes contain zinc.

SIMPLE TIPS FOR CLEANING UP AFTER THE HOLIDAYS

Your halls are decked with boughs of holly, your menorahs are ready to light, and the feasts are being planned. Over the next several days, you'll enjoy your holidays, yet soon it will be time to put your decor away so you can fa-la-la-la-love it for many more years to come.

Clean and Store Holiday Decorations

How many of us have opened up a box of holiday decorations in November only to find a tangled mess of half-broken lights? Set yourself up for success next year by carefully cleaning and storing your decorations. As you take your decorations down, clean them and store them in closed bins, boxes or plastic bags that are clearly marked. While specialized storage containers may seem like an extravagance, they are designed to keep treasured decorations safe from dust, mold and breakage.

Clean Up After House Guests

Give your home's surfaces a deep clean. Wash all your linens. Vacuum carpets, floors, and baseboards to give yourself a fresh start. Clean out your refrigerator - eat the last of those yummy leftovers and then clean and store your leftover containers.

Clean up Christmas Tree Sap

Rubbing alcohol can remove sap from washable clothing, knit gloves, and rugs, because it acts as a solvent. For clothes (even a down coat), saturate the area with alcohol, let sit for a minute, then launder in warm water with regular detergent. Heat sets stains, so be sure all the sap is gone before using the dryer. Repeat the process if any remains.

Remove Candle Wax

Candles are a staple of every holiday celebration. Here's some great advice from Good Housekeeping on removing wax from clothes, carpeting, and wood furnishings. Visit their website at:

<https://www.goodhousekeeping.com/home/cleaning/a21739/candle-wax-removal-tips/>

Source: American Cleaning Institute www.cleaninginstitute.org

Recipe Corner



Roast Turkey

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Tip: When selecting your turkey, allow 1 pound of turkey per person. Opt for a fresh turkey when possible. If frozen, allow turkey to thaw for several days in the refrigerator allowing one day for every four pounds of turkey. Place the turkey on the bottom shelf of the refrigerator on a rimmed baking pan to contain any juices.

Approximate Cooking Times for whole, unstuffed turkey (325°F oven temperature). Remember, you must use a food thermometer to know if your turkey is cooked for safety and quality.

TURKEY WEIGHT	COOKING TIME
8 to 12 lbs.	2¾ to 3 hours
12 to 14 lbs.	3 to 3¾ hours
14 to 18 lbs.	3¾ to 4¼ hours
18 to 20 lbs.	4¼ to 4½ hours
20 to 24 lbs.	4½ to 5 hours

Directions:

1. Wash hands with soap and water.
2. After removing the turkey from its packaging, do not rinse the turkey!
3. Remove neck and giblets packet, and reserve them for making stock or gravy. Free legs from clamp.
4. Season inside with a ½ tablespoon salt and ½ teaspoon pepper. For added flavor, fill the cavity with aromatics such as an orange, cut in half, a quartered onion and/or fresh thyme or sage.
5. To allow the turkey to roast more quickly and evenly, plan to cook your stuffing recipe in a separate pan.
6. To brown the bird, brush skin with unsalted butter or olive oil. Season with salt and pepper. Another option is to mix unsalted butter or olive oil and fresh herbs together and apply the mixture under the skin.
7. Secure legs in clamp and tuck wing tips under. Place turkey, breast side up on V-rack set inside a two-inch deep roasting pan.
8. Wash hands with soap and water.

9. Use the chart to determine estimated cooking time for your bird. Cooking time will vary by size of bird and function of your oven. Transfer pan to the oven. Cover breast with aluminum foil and roast one hour.
10. After one hour, remove the foil and reduce oven temperature to 325°F. Turkey is cooked to a safe internal temperature when it reaches 165°F on a food thermometer.
11. Once cooked to 165°F, remove turkey from the oven. Let the turkey rest for 20 minutes. If you wish, reserve the turkey drippings to make gravy.

FROM PUMPKIN PATCH TO PANCAKE

Preserving Your Pumpkin Harvest

Select & Inspect

- Baking variety pumpkins are meatier and less stringy however any variety can be cooked.
- Pumpkins 4-8 lbs produce the best pulp.
- Avoid pumpkins with bruises, cracks and soft spots.

Oven Method

- Place on baking sheet and bake at 350 degrees for 30-45 minutes.
- Let cool to touch, cut in half, scoop out the stringy contents.
- Remove the baked pumpkin from the rind.
- Mash or process in blender and pack into freezer bags for later use.

Prepare

- Wash the pumpkin thoroughly under clean running water before cutting or cooking - DO NOT use soap.
- Remove stem. Prick with a knife or fork in several places.
- For smaller pumpkins - keep whole.
- For larger pumpkins - cut into small chunks and remove seeds.

Electric Pressure Cooker Method

- Place entire pie pumpkin or pumpkin chunks into steel insert.
- Add 1 cup of water.
- Place lid on pot and turn the valve to seal.
- Select the manual setting and set cook time to 12 minutes.
- Allow to slow release pressure.
- Once pressure has released remove the lid.
- Take the pumpkin out of the pot and separate the “meat” from the skin.
- Puree in a blender and Enjoy!

PUMPKIN PANCAKES
with Maple Cinnamon Pecan Syrup

Pancakes

1¾ c. all-purpose flour
1 t. cinnamon
1 T. baking powder
½ t. baking soda
¼ c. brown sugar
¼ c. oil
2 eggs
1 ¼ c. low fat buttermilk
½ c. pumpkin puree

Directions:

Whisk together wet pancake ingredients and sugar until well combined and smooth. Stir in baking powder and baking soda until evenly incorporated. Stir in flour and cinnamon. Spoon batter onto a hot griddle or skillet. Heat until bubbles form in the middle of the pancake and flip to cook other side until firm. Serve with Maple Cinnamon Pecan Syrup.

Maple Cinnamon Pecan Syrup

½ c. chopped pecans
1 c. maple syrup
1 t. cinnamon

Directions:

Preheat small sauce pan over medium heat. Add pecans and toast them for just a couple of minutes, stirring often. Add maple syrup and cinnamon. Simmer for about a minute. Pour over pancakes and ENJOY!

Created by Ronda White, County Extension Agent Family & Community Health, Scurry County

Sincerely,



E. Kay Davis, M.S.
County Extension Agent -
Family and Community Health
Lubbock County

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