

## Stuffed Pumpkin

(Serves 4)

### Ingredients

*1 large butternut pumpkin*

*1 tomato, chopped*

*2 sticks celery, chopped*

*1 onion, chopped*

*1 carrot, grated*

*1 teaspoon garlic*

*1 teaspoon basil*



Cut pumpkin in half lengthwise and scoop out seeds.



Bake the pumpkin halves in a moderate oven (180°C) for 40 minutes (7-10 minutes on High in the microwave) and scoop cooked pumpkin from skin.



Mash cooked pumpkin and mix with remaining ingredients.



Put mixture in shell. Bake in a moderate oven (180°C) for 15-20 minutes, or in a microwave on High for 4-6 minutes.

Serve with salad, crusty bread or damper.

### Variations

Include 1/2 cup cooked rice in the filling and replace basil with curry powder.

Include a small can of creamed corn and replace basil with 1-2 teaspoons Mexican chilli powder. A diced red capsicum may also be added.

## Symbols Guide



Bake



Cut



Steam



Beat



Microwave



Stir



Blend



Oil



Stir-fry



Boil



Peel



Strain



Budget Tips



Simmer



Wash

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# CARROTS AND PUMPKIN



Adults and teenagers should eat at least two pieces of fruit and five serves of vegetables each day. Children should eat a variety of fruit and vegetables, but the amount will depend on their age.



**Charge through your day**

**with 2 fruit & 5 vegetables**

	Carrots	Pumpkin
<b>Choose:</b>	Firm, well formed.	Firm, heavy.
<b>Avoid:</b>	Cracked, dark spots.	Soft, cracked.
<b>Storage</b>		
<b>Cupboard:</b>		Whole.
<b>Refrigerator/crisper:</b>	Vented plastic bag.	Remove seeds and wrap.
<b>Freezer:</b>	Cooked, cooled, well-drained.	Cooked, cooled, well-drained.
<b>Preparation</b>	Scrape and wash.	Peel if desired.

Carrots and pumpkin are good choices because they are both high in vitamin A, vitamin C and fibre. They are also cheap, easy to store and can be used in sweet and savoury dishes.

Reduce vitamin and mineral loss, and avoid extra fat and kilojoules, by steaming, microwaving, stir-frying or roasting carrots and pumpkin

Vegetables are cooked when softened but still firm.

Don't overcook, or else flavour, vitamins and minerals will be lost.



### Steaming

Place vegetables in steamer over rapidly boiling water.

Don't let water touch vegetables.

Cover, and cook until tender and crisp.



### Microwaving

Cut the vegetables into even-sized pieces.

Place in a microwave dish, add a little water, cover, and cook on High.

Cooking time will vary with the quantity and size of pieces.

As a guide, four small carrots sliced thinly in two tablespoons of water will require four to six minutes.



### Stir-frying

Thinly slice vegetables into bite-sized pieces.

Add water or stock, or lightly brush the pan with oil.

Stir the vegetables often to prevent sticking or burning.

Cook until tender and crisp.



### Roasting

Cut into chunks or leave small carrots whole.

Dry vegetables and brush lightly with polyunsaturated oil.

Place on a tray in the oven and cook until tender.



### Budget Tips

Use mashed pumpkin and grated carrot to extend patties and meat loafs.

It may be cheaper to buy a whole pumpkin and freeze some for later use.