



Recipe Corner

"This fall is special to me because it is the first true fall I have seen in 10 years. I recently moved to Chicago from Phoenix, Arizona to become part of the team here at Children's Memorial. Growing up in Ohio, fall was always my favorite time of year. My family and I had a great time going on family outings, carving pumpkins, trick-or-treating, and of course with 5 kids- my Dad loved having us rake the leaves! The fun part was always jumping in them after raking a big pile. I now find myself crunching in the leaves each morning on my way to work and I love it! The flavors of fall remind me of my family - I love everything pumpkin! I am including a recipe for Pumpkin Pancakes. One fun way to start the day out with a good amount of Vitamin A!

Megan Hart, MS, RD"

Amish Pumpkin Pancakes

- 1 cup flour
- 2 TBSP granulated sugar
- 1/8 tsp ginger
- 1 egg well-beaten
- 2 TBSP melted shortening
- Pinch of baking soda
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 1/4 cup milk
- 1/2 cup canned pumpkin or mashed sweet potato, cooked

Combine flour, baking soda, sugar and spices. Combine egg, shortening, pumpkin and milk; add to flour mixture, beating until smooth. Bake on hot, lightly greased griddle, turning only once. Serve hot with butter and syrup or confectioners' sugar. Options: Can add chocolate chips, bananas, nuts, or berries with whipped cream to pancakes as well! Serves 3-4.

Nutrient Analysis: 139 calories, 5 g fat, 4 g protein, 1 g fiber and **3,453 IU Vitamin A**

Source: www.razzledazzlerecipes.com

Mashed Maple Sweet Potatoes

- 3 medium Sweet Potatoes, peeled and quartered
 - 1/4 cup maple syrup
 - 2 Tablespoons butter
 - 1/4 teaspoon salt
 - 1/3 cup half-n-half
1. In a medium saucepan cook potatoes, covered in small amount of boiling water for 30-35 minutes or until very tender. Drain and Mash with a potato masher or beat with mixer on low speed.
 2. Add maple syrup, butter, and salt. Gradually beat in enough half and half to make potato mixture light and fluffy. Serves: 6.

Nutrient Analysis: 151 calories, 5 g fat, 2 g protein, 3 g fiber and **7,137 IU Vitamin A**



Recipe Corner, continued

Stuffed Squash

- 2 Acorn or Butternut Squash
- 1 – 6 oz. box wild, brown, or white rice

Cut Squash in half lengthwise, clean out and discard seeds. Preheat oven to 375 degrees. Bake the squash, cut side down on a greased cookie sheet for 50-60 min. It is done when it is soft when pierced.

While squash is baking, cook rice and set aside. Remove the squash from oven and cool slightly. Scoop out some of the cooked squash and leave about ½ inch of squash to create a shell. Serves 4.

Take the squash that you scooped out and mix it with the rice. Now stuff the shell with the mixture of rice and squash. Add any of the following ingredients – Be sure to add plenty of oil, butter, or meat to increase calories! Mix and Match!

- Diced apples, pears, or peaches – mix with sausage or ham and add:
- Chopped walnuts or pecans, toasted
- Cooked, drained beans – can also add cheese and sour cream to these!
- Chicken, beef, or turkey
- Diced, cooked sweet potatoes- double dose of Vitamin A!
- Chopped celery, zucchini, onions, scallions - Combine these with a sausage or meat based stuffing!
- Fried eggs

Pumpkin Bread Pudding with Caramel Sauce

Bread pudding

- 2 cups half and half
- 1 cup (packed) plus 2 tablespoons dark brown sugar
- 1 1/2 teaspoons pumpkin pie spice
- 1 1/2 teaspoons vanilla extract
- 10 cups 1/2-inch cubes egg bread (about 10-ounces)
- 1 15-ounce can pure pumpkin
- 2 large eggs
- 1 1/2 teaspoons ground cinnamon
- 1/2 cup golden raisins

Caramel sauce

- 1 1/4 cups (packed) dark brown sugar
- 1/2 cup (1 stick) unsalted butter
- 1/2 cup whipping cream

Powdered sugar

For bread pudding: Preheat oven to 350°F. Whisk half and half, pumpkin, dark brown sugar, eggs, pumpkin pie spice, cinnamon and vanilla extract in large bowl to blend. Fold in bread cubes. Stir in golden raisins. Transfer mixture to 11x7-inch glass baking dish. Let stand 15 minutes. Bake pumpkin bread pudding until tester inserted into center comes out clean, about 40 minutes.

Meanwhile, prepare caramel sauce: Whisk brown sugar and butter in heavy medium saucepan over medium heat until butter melts. Whisk in cream and stir until sugar dissolves and sauce is smooth, about 3 minutes. Sift powdered sugar over bread pudding. Serve warm with caramel sauce. Makes 18 servings.