

Stuffed Sugar Pumpkin

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 1/2 cup water
- 1/2 cup wild rice or brown rice
- 1 teaspoon salt
- 1 4- to 5- pound sugar pumpkin
- 2 teaspoon vegetable oil
- 1 pound ground venison or lean ground beef
- 1/2 cup chopped onions
- 1/2 can cream of celery soup
- 1 teaspoon crushed dried sage
- 1/4 teaspoon pepper

Directions:

1. Cook rice in boiling salted water. Cover, reduce heat to low and cook 40-45 minutes or until rice is tender and all water is absorbed.
2. Heat oven to 350°F. Cut top off pumpkin; wrap and refrigerate for another use. Remove and discard seeds and fibers from center of pumpkin. Place 1/2 inch water in bottom of shallow roasting pan. Set pumpkin in water in pan.
3. In large skillet, heat oil over medium-heat. Add venison or ground beef and sauté until browned. Add onions, lightly sauté. Remove skillet from heat. Stir the cooked rice, sage, salt, and the pepper into meat. Spoon meat mixture into pumpkin and cover top with aluminum foil.
4. Bake stuffed pumpkin 45-60 minutes or until pumpkin is tender when pierced with a fork. Add more water to roasting pan as necessary to keep pumpkin from sticking.
5. Remove and discard foil from pumpkin. Transfer pumpkin to serving dish; sprinkle with reserved green onions. To serve, cut pumpkin into wedges and serve.
6. Refrigerate leftovers within 2 hours.

Bright Ideas: Use miniature pumpkins for single servings. Roast 30-40 minutes. You may also use a Dutch oven to cook over direct heat or over the campfire.

Nutrition Facts			
Serving Size 2/3 cup (154g)			
Servings Per Container 16			
Amount Per Serving			
Calories 80	Calories from Fat 20		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 210mg			9%
Total Carbohydrate 9g			3%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 7g			
Vitamin A 90%	•	Vitamin C 8%	
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

16 servings, 2/3 cup each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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