

Saving Dinner with



Pleasing Pumpkin Recipes

5 yummy pumpkin recipes

**Pumpkin Fudge
Creamy Pumpkin Dip
Chocolate Chip Pumpkin Bars
Pumpkin Waffles
Cranberry Pumpkin Bread**

Saving Dinner Pleasing Pumpkin Shopping List

CONDIMENTS

Non-aerosol cooking spray [R1]
Vegetable oil (2 1/2 cups) [R3,R5]

PRODUCE

Apple slices [R2]

CANNED GOODS

100% pure pumpkin (3 cups plus 15 ounces plus 29 ounces) [R1,R2,R3,R4,R5]
Evaporated milk (2/3 cup) [R1]
1 (7-oz.) jar marshmallow cream [R1]
1 (15-oz.) can whole cranberry sauce [R5]

SPICES

Pumpkin pie spice [R1,R2,R5]
Vanilla extract [R1,R3]
Cinnamon [R3,R4]

DAIRY CASE

Butter (3/4 cup plus 2 tablespoons) [R1,R4]
Eggs (12) [R3,R4,R5]
Milk (1 cup) [R4]
Heavy whipping cream (if not using frozen whipped topping) [R2]

DRY GOODS / BAKING GOODS

Flour OR whole wheat pastry flour (8 3/4 cups plus 2 tablespoons) [R3,R4,R5]
Baking soda (2 3/4 teaspoons) [R3,R4,R5]
Baking powder (1/2 teaspoon) [R4]
Brown sugar (2 tablespoons) [R4]
Granulated sugar (10 cups) [R1,R3,R5]
Corn syrup (2 tablespoons) [R1]
Chopped pecans (1 cup) [R1]
Graham crackers [R2]
Ginger snaps [R2]
Chocolate chips (2 cups) [R3]
1 (12-oz.) package white chocolate chip morsels [R1]
1 (5-oz.) package instant vanilla pudding mix [R2]

FREEZER

1 (16-oz.) container frozen whipped topping (if not using fresh whipped cream) [R2]

OTHER

Aluminum foil wrap [R1]

***These recipes are very decadent and utilize the 10% of the 90/10 rule. . .so enjoy in moderation.**

Pumpkin Fudge

Makes 16 squares
(about 3 pounds)

INGREDIENTS:

3 cups granulated sugar
3/4 cup melted butter
2/3 cup evaporated milk
1/2 cup 100 % pure pumpkin (such as Libby's - NOT pumpkin pie filling)
2 tablespoons corn syrup
1 teaspoon pumpkin pie spice
1 (12-oz.) package white chocolate morsels
1 (7-oz.) jar marshmallow cream
1 cup chopped pecans, toasted (optional, but highly recommended)
1 teaspoon vanilla extract
Non-aerosol cooking spray



COOKING INSTRUCTIONS:

Line a 9-inch square pan with aluminum foil. Spray with cooking spray.

Combine first 6 ingredients (sugar through pumpkin pie spice) in a large saucepan over medium-high heat. Cook, stirring constantly, until a candy thermometer registers 234 degrees (soft ball stage) or for about 12 minutes. Remove from heat and quickly stir in the next four ingredients until well blended.

Pour into prepared pan. Let stand 2 hours or until completely cool; cut fudge into squares.

Nutrition per serving: 456 Calories; 21g Fat; 3g Protein; 66g Carbohydrate; 1g Dietary Fiber; 26mg Cholesterol; 139mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Fat; 4 Other Carbohydrates. **Points:** 11

Creamy Pumpkin Dip

Makes about 32 serving

INGREDIENTS:

1 (5-oz.) package instant vanilla pudding mix
1 (15-oz.) can 100% pure pumpkin (such as Libby's - NOT pumpkin pie filling)
1 teaspoon pumpkin pie spice
1 (16-oz.) container frozen whipped topping, thawed (or use fresh whipped cream)
Graham crackers, ginger snaps and apple slices



COOKING INSTRUCTIONS:

In a large bowl, combine instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator and serve with graham crackers, ginger snaps and apple slices.

Nutrition per serving: 54 Calories; 3g Fat; trace Protein; 6g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 17mg Sodium. **Exchanges:** 0 Grain (Starch); 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 1

Chocolate Chip Pumpkin Bars

Makes 24 bars

INGREDIENTS:

6 eggs
1 1/2 cup vegetable oil
3 cups sugar
1 1/2 teaspoon vanilla extract
1 (29-oz.) can 100 % pure pumpkin (such as Libby's - NOT pumpkin pie filling)
3 1/4 cup flour (or use whole wheat pastry flour)
1 1/2 teaspoon baking soda
1 tablespoon cinnamon
1 1/2 teaspoons salt
2 cups chocolate chips



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees.

Mix together eggs, oil, sugar, vanilla and pumpkin. Fold in dry ingredients and pour into jelly roll pan (13- x 18- inch pan). Sprinkle chocolate chips evenly over batter. Bake for 30 to 40 minutes until a toothpick inserted in the center comes out clean.

Nutrition per serving: 400 Calories; 21g Fat; 4g Protein; 53g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 234mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Vegetable; 4 Fat; 2 1/2 Other Carbohydrates. **Points:** 9

Pumpkin Waffles

Makes about 7 waffles

INGREDIENTS:

1 cup plus 2 tablespoons flour (or use whole wheat pastry flour)
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking powder
1/4 teaspoon baking soda
2 eggs
1 cup milk
1/2 cup 100% pure pumpkin (such as Libby's - NOT pumpkin pie filling)
2 tablespoons butter, melted



COOKING INSTRUCTIONS:

In a large bowl, combine the first six ingredients (flour through baking soda). In another bowl, combine the eggs, milk, pumpkin and butter; stir into dry ingredients just until combined. Bake in a preheated waffle iron according to manufacturer's directions until golden brown.

Nutrition per serving: 161 Calories; 6g Fat; 5g Protein; 21g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 305mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Vegetable; 1 Fat. **Points:** 4

Cranberry Pumpkin Bread

Makes 2 large loaves

INGREDIENTS:

4 eggs
2 cups 100% pure pumpkin (such as Libby's - NOT pumpkin pie filling)
1 cup vegetable oil
4 cups sugar
4 1/2 cups flour (or use whole wheat pastry flour)
2 tablespoons pumpkin pie spice
2 teaspoons baking soda
1 teaspoon salt
1 (16-oz.) can whole cranberry sauce



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees.

Combine eggs, pumpkin puree and oil in a large bowl. Add dry ingredients and mix well. Stir in cranberries. Divide mixture into 2 large loaf pans and bake for 50 minutes.

Nutrition per serving: 485 Calories; 15g Fat; 6g Protein; 83g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 311mg Sodium.
Exchanges: 2 Grain (Starch); 1/2 Vegetable; 3 Fat; 3 1/2 Other Carbohydrates. **Points:** 10

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SAVING DINNER

with



Pleasing Pumpkin Volume 2

Pleasing Pumpkin Volume 2 – Shopping List

MEAT

3/4 pound chicken sausage [R3]

CONDIMENTS

Olive oil [R3]

Caramel sauce (1/2 cup) [R2]

Marshmallow crème (2 cups) [R5]

PRODUCE

Onions (1 medium) [R3]

Cilantro (optional) [R3]

Apples (2) (optional) [R2]

CANNED GOODS

Low sodium chicken broth (3 cups) [R3]

1 (15-oz.) can black beans [R3]

Apple juice (3/4 cup) [R1]

1 (12-oz.) can evaporated milk [R4]

100% pure pumpkin (such as Libby's – NOT pumpkin pie filling):

1 (29-oz.) can [R1]

3 (15-oz.) cans [R3,R4]

1 cup [R5]

DRY GOODS

Sugar (3 cups) [R1,R4]

Powdered sugar (2 cups) [R5]

2 (18.25-oz.) packages yellow cake mix [R4,R5]

Graham crackers (optional) [R2]

Pecans (1 cup chopped) [R4]

SPICES

Sea salt [R4,R5]

Black peppercorns [R3]

Ground ginger [R1]

Ground cloves [R1]

Ground cinnamon [R1,R5]

Ground nutmeg [R1]

Ground cumin [R3]

Cayenne pepper [R3]

Pumpkin pie spice [R4,R5]

Vanilla extract [R5]

DAIRY/DAIRY CASE

Butter, unsalted (2 cups) [R4,R5]

Eggs (6 large) [R4,R5]

1 (8-oz.) container whipped cream cheese [R2]

Heavy (whipping) cream (1 cup) [R3]

FREEZER

Vanilla ice cream (optional) [R4]

OTHER

Parchment paper [R5]



[R1] – [R6] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Pleasing Pumpkin Butter

Recipe 1 – Makes 2 1/2 Pints

INGREDIENTS:

1 (29-oz.) can 100% pure pumpkin (such as Libby's – NOT pumpkin pie filling)	1/2 teaspoon ground cloves
3/4 cup apple juice	2 teaspoons ground cinnamon
2 teaspoons ground ginger	1 teaspoon ground nutmeg
	1 1/2 cups sugar



INSTRUCTIONS:

In a large saucepan, combine pumpkin, apple juice, spices, and sugar; blend well. Bring mixture to a boil then reduce heat and simmer for 30 minutes (stirring frequently) or until thickened. Transfer mixture to sterile containers; cool and refrigerate. This can be served with almost anything—from toast to scones.

NUTRITION per tablespoon: 39 Calories; trace Fat; trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 1

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DO-AHEAD TIP: Refrigerate dip for 2 hours or overnight (see recipe).

Caramel Pumpkin Cheesecake Dip

Recipe 2 – Makes 1 Cheesecake Ball

INGREDIENTS:

3/4 cup pumpkin butter (see recipe above)	Graham crackers (optional)
1 (8-oz.) container whipped cream cheese	2 apples, cored, peeled and sliced (optional)
1/4 to 1/2 cup caramel sauce	



INSTRUCTIONS:

In a large bowl, combine pumpkin butter and cream cheese; refrigerate for 2 hours or overnight. Form mixture into a ball and place on a pretty serving dish; drizzle with caramel sauce. Serve with graham crackers and/or apple slices.

NUTRITION per tablespoon: 66 Calories; 4g Fat; 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 75mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 2

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Hearty Chicken Sausage, Pumpkin and Black Bean Soup

Recipe 3 – Serves 6

INGREDIENTS:

2 tablespoons olive oil	1 cup heavy (whipping) cream
1 medium onion, finely chopped	1 1/2 teaspoons ground cumin
3/4 pound chicken sausage, removed from casing	1/2 teaspoon cayenne pepper
3 cups low sodium chicken broth	Sea salt and freshly ground black pepper, to taste
1 (15-oz.) can black beans, drained and rinsed	Chopped cilantro (optional)
2 (15-oz.) cans 100% pure pumpkin (such as Libby's – NOT pumpkin pie filling)	



INSTRUCTIONS:

In a large soup pot, heat the oil over medium heat; add onion and sausage and sauté until sausage is cooked through. Add broth, black beans and pumpkin; stir to combine. Bring soup to a boil then reduce heat to medium-low; stir in cream, cumin, cayenne, salt and pepper; simmer for 5 minutes. Adjust seasonings as needed and serve garnished with chopped cilantro, if desired.

NUTRITION per serving: 355 Calories; 21g Fat; 18g Protein; 25g Carbohydrate; 8g Dietary Fiber; 77mg Cholesterol; 790mg Sodium.
Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat. **Points:** 9

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Pumpkin Crumb Cake

Day 4 - Serves 12

INGREDIENTS:

1 (15-oz.) can 100% pure pumpkin (such as Libby's – NOT pumpkin pie filling)	2 teaspoons pumpkin pie spice
1 (12-oz.) can evaporated milk	1 teaspoon sea salt
4 large eggs	1 (18.25-oz.) package yellow cake mix
1 1/2 cups sugar	1 cup chopped pecans
	1 cup unsalted butter, melted
	Vanilla ice cream (optional)



INSTRUCTIONS:

Preheat oven to 350 degrees. Lightly grease a 9- x 13-inch baking pan. In a large bowl, combine pumpkin, evaporated milk, eggs, sugar, pumpkin pie spice and salt; blend well. Spread mixture in prepared pan and sprinkle cake mix over the top. Sprinkle chopped pecans evenly over the cake mix then drizzle with melted butter. Bake for 60 to 80 minutes or until set. Serve slightly cooled and top with vanilla ice cream, if desired.

NUTRITION per serving: 561 Calories; 31g Fat; 7g Protein; 67g Carbohydrate; 2g Dietary Fiber; 121mg Cholesterol; 498mg Sodium.
Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat; 4 Other Carbohydrates. **Points:** 16

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Pumpkin Whopee Pies

Day 4 - Serves 24

INGREDIENTS:

Cookies:

- 1 (18.25-oz.) package yellow cake mix
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon sea salt
- 1/2 cup unsalted butter, softened
- 2 large eggs
- 1 cup 100% pure pumpkin (such as Libby's – NOT pumpkin pie filling)
- 1 teaspoon vanilla extract

Filling:

- 2 cups marshmallow creme
- 1/2 cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 2 cups powdered sugar



INSTRUCTIONS:

For cookies: Preheat oven to 350 degrees. Line 4 baking sheets with parchment paper. In a medium bowl, combine cake mix, pumpkin pie spice and salt. In a large mixing bowl, beat butter on medium speed for 2 minutes. Add eggs, pumpkin, and vanilla extract; beat until smooth. Stir in dry mixture until combined. Drop by heaping tablespoons onto prepared baking sheets. (A total of 48 cookies are needed for the recipe.) Bake for 10 minutes (cookies will be springy to the touch). Move to wire racks to cool completely.

For filling: In a small mixer bowl, beat together marshmallow creme, butter, vanilla extract and cinnamon on medium speed until fluffy. Gradually beat in powdered sugar until light and fluffy. Spread one heaping tablespoon of filling on the flat side of one cookie then top with the flat side of a second cookie, to make a sandwich. Repeat with remaining cookies and filling. Store covered in refrigerator.

NUTRITION per serving: 241 Calories; 11g Fat; 2g Protein; 36g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 174mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 2 1/2 Other Carbohydrates. **Points:** 7

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