

Let's Cook

Using Pumpkin

Description

This is a class designed to be an after school fall class. It requires a full kitchen.

The class will prepare pumpkin for using in other recipes during the fall season. While preparing the pumpkin, the class will also prepare a simple chicken wing recipe with a yogurt dip for a snack.

Menu

Roasted Chicken wings with dip

Game plan

- 1) Prepare marinade for chicken wings
- 2) Prepare pumpkin
- 3) Pre heat oven 350° for pumpkin
- 4) Pre heat second oven to 450 for chicken wings
- 5) Roast pumpkin and seeds in 350 oven
- 6) Roast chicken wings in 450 oven
- 7) Prepare dip and cleanup
- 8) Enjoy chicken wings
- 9) Cool pumpkin
- 10) Place pumpkin in containers for freezing
- 11) Cleanup

Recipe: Chicken Wings with Dip

Serves 12

Ingredients

- 3 lbs chicken wings
- ½ cup soy sauce
- 2 tsp grated ginger - fresh
- 1 tsp curry powder
- 1 tsp ground cumin
- 2 cloves garlic, minced

Directions

1. Place wings in a plastic bag.
2. Mix soy sauce, ginger, curry, cumin, and garlic in a small bowl.
3. Pour over chicken wings, close bag and gently flip bag back and forth to coat wings.
4. Marinate in the refrigerator for at least 1 hour up to 24 hours.
5. Pre-heat oven 450° oven.
6. Place chicken wings on a foil lined baking sheet. Set marinade aside.
7. Bake uncovered for 10 minutes.
8. Brush with marinade. When finished dispose of any extra marinade at this point.
9. Bake 20 minutes longer or until chicken tests at 160 on an instant read thermometer.
10. Serve with dip.

For Dip:

Ingredients

- 8 oz non-fat Greek-style yogurt
- 3 Tbsp Dijon-style mustard
- 1 bunch of chives

Directions

1. Combine yogurt and mustard
2. Place in small bowl
3. Garnish with fresh whole chives sticking out of dip.

Nutritional Values

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	340		
Total Fat	22	g	34%
Saturated Fat	6	g	30%
Trans Fat	0	g	
Cholesterol	95	mg	32%
Sodium	690	mg	29%

Carbohydrates	1	g	0%
Dietary Fiber	0	g	0%
Sugars	0	g	
Protein	31	g	
Vitamin A		IU	4%
Vitamin C		mg	0%
Calcium		mg	2%
Iron		mg	10%

% Daily Value is based on a 2000 calorie diet

Roasted pumpkin seeds

Ingredients

- 1 1/2 cups raw whole pumpkin seeds
- 1 Tbsp. olive oil
- 1 pinch salt

Directions

1. Preheat oven to 350 degrees F (150 degrees C).
2. Toss seeds in a bowl with the olive oil and salt. Spread the seeds in a single layer on a baking sheet and bake for about 30 minutes or until golden brown; stir occasionally.

Roasted Pumpkin puree

Ingredients

- 1 pumpkin

Directions

1. Pre-heat oven to 375
2. Cut top off pumpkin
3. Scoop seeds and fiber out of center (reserve seeds for roasting)
4. Cut pumpkin into eighths
5. Place pumpkin skin side up in a shallow heat proof pan
6. Fill pan halfway up sides with water
7. Place in oven for 1 hour until pumpkin is soft
8. Remove pumpkin pieces from pan and cool on a platter
9. Remove pumpkin pulp from the skin and mash.
10. Pumpkin is now ready for pies, cakes, soup, and other recipes calling for pumpkin puree.
11. Pumpkin puree may be frozen in an airtight container for up to 3 months.