

Nutrition Education

Both of these recipes are good sources of beta-carotene which converts to vitamin A in the body to promote good circulation and a healthy heart, eyes and lungs.

Dinner in a Pumpkin

- 1 small pumpkin
- 1 onion, chopped
- 1 ½ lbs. ground beef
- 2 Tbsp. soy sauce
- 2 Tbsp. brown sugar
- 1 four-ounce can sliced mushrooms, drained, may also use fresh
- 1 can cream-of-chicken soup
- 1 ½ cups cooked brown rice
- 1 eight-ounce can sliced water chestnuts, drained, optional

Cut the top of the pumpkin and thoroughly clean out the seeds and pulp. In large skillet, cook onions and ground beef. Drain drippings from skillet. Add soy sauce, brown sugar, mushrooms, and soup. Simmer 10 minutes, stirring occasionally. Add cooked rice and water chestnuts. Spoon mixture into the cleaned pumpkin shell. Replace pumpkin top and put pumpkin on baking sheet. Bake 1 hour or until the inside of the pumpkin is tender. Put cooked pumpkin on serving plate and serve. For your vegetable, scoop out cooked pumpkin and serve. Serves 6.



Sweet Potatoes 'n' Pears

Ingredients:

- 9 cups cubed peeled sweet potatoes
- 1 (15 ounce) can pear halves, drained
- 1/3 cup packed brown sugar
- 1 T. butter, softened
- 1/2 teaspoon ground cinnamon

1. Boil sweet potatoes. Drain and place in a large mixing bowl. Add the remaining ingredients; beat with mixer until combined and smooth.

