Pumpkin Roll

Try this pumpkin roll recipe for a standout holiday dessert! A moist, spiced pumpkin sheet cake is spread with a vanilla cream cheese filling, then rolled up and dusted with powdered sugar for an after-dinner treat that's both elegant and delicious.

Submitted by **Jackie** Tested by **Allrecipes Test Kitchen**

Prep Time: 20 mins
Cook Time: 15 mins
Additional Time: 20 mins
Total Time: 55 mins
Servings: 10
Yield: 1 cake roll

Ingredients

Pumpkin Cake:

- 1 cup white sugar
- ⅔ cup pumpkin puree
- 3 large eggs, beaten
- ½ teaspoon ground cinnamon
- ¾ cup all-purpose flour
- 1 teaspoon baking soda

Cream Cheese Filling:

- 8 ounces cream cheese, softened
- 1 cup powdered sugar, or more to taste
- 2 tablespoons butter, softened
- ¼ teaspoon vanilla extract

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C). Grease a 10x15-inch jelly roll pan.

Step 2

Make cake: Blend together sugar, pumpkin puree, eggs, and cinnamon in a mixing bowl.

Step 3

Mix flour and baking soda together in a separate bowl. Add flour mixture to pumpkin mixture and blend until smooth. Evenly spread in the prepared pan.

Step 4

Bake in the preheated oven until cake springs back when lightly touched, 15 to 25 minutes. Remove from the oven and cool for 5 minutes.

Step 5

Invert cake onto a cotton (not terry cloth) tea towel. Starting with a short edge, roll up cake in the towel jelly-roll style; place seam-side down to cool, about 15 minutes.

Step 6

While the cake is cooling, make filling: Beat cream cheese, powdered sugar, butter, and vanilla in a mixing bowl until smooth.

Step 7

When cake has completely cooled, unroll and remove towel. Spread filling over cake, all the way to the edges. Roll cake up again without the towel. Wrap with plastic wrap and refrigerate until ready to serve.

Step 8

To serve, sift powdered sugar over the roll and slice into 10 portions.

Nutrition Facts

Per serving: 282 calories; total fat 12g; saturated fat 7g; cholesterol 85mg; sodium 238mg; total carbohydrate 41g ; dietary fiber 1g; total sugars 32g; protein 4g; vitamin c 1mg; calcium 38mg; iron 1mg; potassium 97mg

CFAES

All about pumpkin!

Jennifer Eggleton

The Ohio State University
Extension

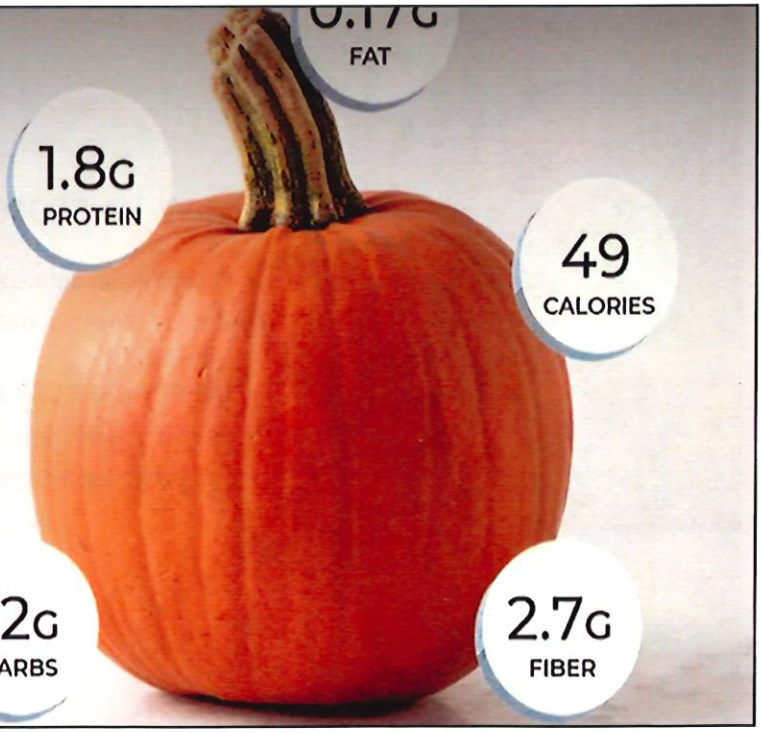
1

Pumpkin

- ✓ Cholesterol-Free
- ✓ Sodium-Free
- ✓ Fat-Free
- ✓ Good Source of Fiber

One cup of pumpkin contains 87% of the daily recommended vitamin A intake

(per cup, mashed)



2

What to look for when choosing a pumpkin

- Pumpkin should be fully ripe and firm.
- Bright orange color
- Fairly heavy – this yields more flesh
- No cracks, bruises, decay, blemishes

3

How to store

- Do not wash before storing
- When ready to cook/cut, scrub with vegetable brush in cool water.
- DO NOT USE SOAP, DETERGENT, or BLEACH!
- Winter squash keep in a cool (50F) dry area
- Typically, last 3-6 months

4

How to serve

- Right size knife and cutting board
- Cut/poke holes in skin and microwave
- Remove, cool, trim ends and cut in half
- Scoop out flesh for immediate use, or into storage container/bag for freezer

5

Other uses

- Roasted seeds
- Roasted with other vegetables, olive oil and seasonings
- Add to refried/black beans for tacos or enchiladas
- Add/substitute in hummus
- Smoothies
- Pets
- Stuff smaller pumpkins and roast for a pretty presentation

6

7

Today's menu:

CFAES

8

Creamy Parmesan Pumpkin Pasta

Rachel Kochlin

Creamy, dreamy pumpkin pasta with pumpkin sauce that is super easy to make, full of fall flavor and ready in just 20 minutes! Made with canned pumpkin, heavy cream and pantry staple ingredients you likely already have in your home. Serve with chicken breasts or Italian sausage for added protein!

★★★★★ **5 stars**

PREP TIME	COOK TIME	TOTAL TIME
5 mins	15 mins	20 mins

COURSE	SERVINGS
Dinner	4 servings

INGREDIENTS

- 8 ounces pasta
- 3 tablespoons butter
- ½ yellow onion, diced
- pinch of red pepper flakes (optional)
- 3 garlic cloves, minced
- 1 cup pumpkin puree
- 1 ½ cups heavy whipping cream
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground sage
- ⅛ teaspoon ground nutmeg

- 1 teaspoon brown sugar
- ½ cup freshly grated parmesan cheese , plus more for serving

INSTRUCTIONS

1. Bring a large pot of water to a boil and cook the pasta to al dente according to package directions. Meanwhile, make the pumpkin sauce.
2. In a large skillet over medium heat, melt the butter then add onion and red pepper flakes. Cook for about 5-7 minutes until translucent and soft. Add garlic and cook for another minute.
3. Add the pumpkin puree to the skillet and stir to combine with the onions, allowing the pumpkin to sautée for one minute. Then pour in the heavy whipping cream and whisk to combine. Mix in salt, pepper, sage, nutmeg and brown sugar. Let simmer for about 2-3 minutes then mix in the parmesan cheese.
4. Add the cooked pasta to the sauce and toss to combine.
5. Serve and garnish with more freshly grated parmesan cheese and cracked black pepper.

Nutritional information is automatically calculated by a third party software and is only an estimate, not a guarantee. This information is provided as a courtesy, and you are solely responsible for all decisions related to your health.

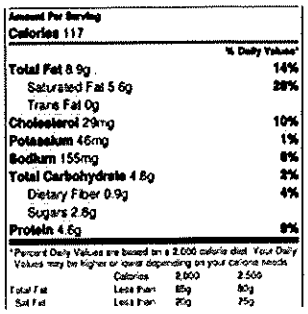
Did you make this recipe?

I'd love to hear from you! Rate the recipe and leave a comment or tag at @ModernFarmhouseEats on social!

Skinny Pumpkin Dip

Prep Time	Total Time
5 mins	5 mins

Servings: 1 1/2 cups Author: Jenn



Amount Per Serving	
Calories 117	
	% Daily Value*
Total Fat 8.9g	14%
Saturated Fat 5.6g	28%
Trans Fat 0g	
Cholesterol 29mg	10%
Potassium 46mg	1%
Sodium 155mg	6%
Total Carbohydrate 4.8g	2%
Dietary Fiber 0.9g	4%
Sugars 2.8g	
Protein 4.6g	9%

*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
Sat Fat	Less than	20g	25g

☆☆☆☆☆

No ratings yet

Ingredients

- 1 8-oz package light cream cheese
- 3/4 cup canned pureed pumpkin
- 2 Tbsp. fat free vanilla Greek yogurt
- 3/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. cloves
- 1 1/2 Tbsp. Truvia sweetener
- 1/2 tsp. vanilla extract
- Nilla Wafers and Gingersnaps for dipping

Instructions

1. Combine all ingredients into a food processor. Blend together until combined and creamy. Pour into a bowl and serve with Nilla Wafers, gingersnap cookies or graham crackers. Enjoy!

Ginger
Pumpkin Soup

Serves 4

Ingredients

- 1½ teaspoons canola or corn oil
- 1 medium onion, finely minced
- ¾ tablespoon minced peeled gingerroot or ½ teaspoon ground ginger
- 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon ground cinnamon
- ¼ teaspoon pepper (freshly ground preferred)
- ⅛ teaspoon salt
- 1 tablespoon all-purpose flour
- 1¾ cups fat-free, low-sodium vegetable broth
- 1 cup water
- 2 15-ounce cans solid-pack pumpkin (not pie filling)
- 1 cup fat-free milk
- ¼ cup fat-free sour cream (optional)
- 2 tablespoons chopped chives (optional)

Directions

1. In a large heavy pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring occasionally.
2. Stir in the gingerroot, garlic, thyme, cinnamon, pepper and salt. Cook for 1 minute, stirring constantly. Stir in the flour. Pour in the broth and water. Using a spatula, scrape the bottom of the pot to dislodge any browned bits. Stir in the pumpkin. Bring the mixture to a boil. Reduce the heat to low and simmer for 10 minutes.
3. Stir in the milk. Remove from the heat. Ladle the soup into bowls.
4. Garnish with the sour cream and chives.

Cook's Tip: *If you prefer to dice or chop the onion rather than finely mince it, you can puree the soup with an immersion blender when it's finished cooking. Or you can process the soup in a food processor or blender (vent the blender lid) until smooth.*

Look for the Heart-Check mark on certified foods while shopping for ingredients in this recipe.

Check out the cooking skills video on peeling gingerroot.

Nutrition Analysis (per serving)

Calories	138
Total Fat	2.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	1 mg
Sodium	199 mg
Carbohydrates	27 g
Dietary Fiber	10 g
Sugars	14 g
Protein	6 g

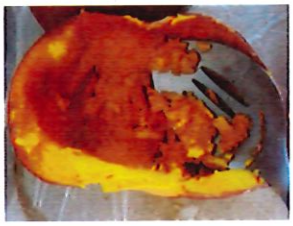
Dietary Exchanges

1½ starch, 1 vegetable, ½ fat

CFAES

OHIO STATE UNIVERSITY EXTENSION

USING FRESH PUMPKIN



Types

Small sugar: smaller, sweeter pie pumpkins grown to be eaten, in the winter squash family, used like an acorn squash.

Carving: Standard orange in small, medium, or large sizes, usually used for holiday decor but may be eaten.

By Jennifer Eggleton

Pumpkin is the most popularly used in pies. Also used to make bars, breads, and soups. Pumpkin seeds can be roasted in the oven. To roast a pumpkin: rinse, cut in half and roast pumpkins on a baking sheet, or steam on the stove or microwave. After cooling, remove from the skin, and puree with a food processor or potato masher.

For more information visit: Fayette.osu.edu
Or email: Eggleton.27@osu.edu

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FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL

Baking a Pumpkin Pie from Scratch

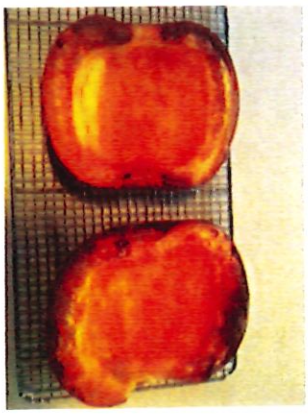
November 14, 2013 Beth Marrs (https://blogs.extension.iastate.edu/answerline/author/answer/)

(http://blogs.extension.iastate.edu/answerline/files/2013/10/Pumpkin-halves-e1383064615357.jpg)

(http://blogs.extension.iastate.edu/answerline/files/2013/10/Whole-Baking-Pumpkin.jpg)I bought a beautiful little pie pumpkin this past weekend and had fun preparing a pie from scratch. It gave me an appreciation for commercially canned pumpkin pie filling, especially when a person is in a hurry, but I have to admit that I actually enjoyed the process.

I started by washing the pumpkin well, removing the stem and then slicing the pumpkin in half from top to bottom.

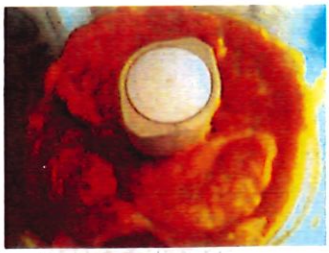
Once cut I removed the strings and seeds using a large serving spoon, then placed the two halves, cut side down, into a jelly roll pan that was lined with parchment paper.



(http://blogs.extension.iastate.edu/answerline/files/2013/10/Roasted-pumpkin-halves-e1383064881999.jpg)

I roasted the halves in a 350 degree oven for about 90 minutes (until more than fork tender). Your pumpkin may take more or less time to bake, depending on the size. When the pumpkin was finished roasting, I removed it from the oven and let it cool until I could comfortably handle it

(http://blogs.extension.iastate.edu/answerline/files/2013/10/Pureed-pumpkin.jpg)



When cool enough to handle, I scraped the meat from the shell and placed it into a food processor. I processed the pulp until finely pureed, about three minutes. At this point my pumpkin puree was ready to be made into a pie or packaged, labeled and put into the freezer for a future pie.

(http://blogs.extension.iastate.edu/answerline/files/2013/10/Pumpkin-pie-ready-for-baking.jpg)

I used my favorite pumpkin pie recipe to fill an unbaked pie crust and baked according to the recipe.

(http://blogs.extension.iastate.edu/answerline/files/2013/10/pumpkin-pie-slice.jpg)

I prefer pumpkin pie chilled so when finished baking, I put the pie into the refrigerator and patiently waited

Beth Marrs (https://blogs.extension.iastate.edu/answerline/author/answer/)

I graduated from Iowa State University with a degree in Adult Home Economics Education. I love to cook and entertain and spend time with my family.

More Posts (https://blogs.extension.iastate.edu/answerline/author/answer/)

January 19, 2016

Food Preparation (https://blogs.extension.iastate.edu/answerline/category/food-preparation/), Holiday ideas (https://blogs.extension.iastate.edu/answerline/category/holiday-ideas/), recipes (https://blogs.extension.iastate.edu/answerline/category/recipes/)

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Pumpkin Basics

Canned Pumpkin

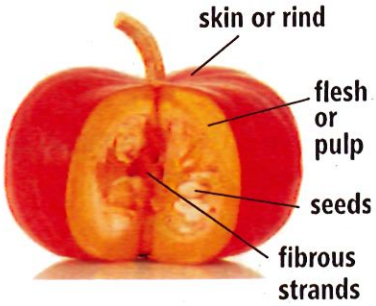
- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.

Pumpkin is a very good source of vitamins A and C, potassium and fiber.

Shop and Save

- Pumpkins are a type of winte squash available in October and November.
- Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- Choose pie pumpkins that are firm and heavy for their size without cracks or soft spots.
- Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- Seeds can be dried and saved for growing pumpkins next year

The Parts of a Pumpkin



Store Well Waste Less

- **Store whole pumpkins in a cool, dark and dry place for up to 3 months.**
- **Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.**
- **Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.**
- **Roast the seeds from any type of pumpkin.**

Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.

Oregon State

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

Share on:

Enjoy Pumpkin

Pumpkin Breakfast Cookies

Ingredients:

1 can (15 ounces) **pumpkin** (1¾ cup)
1 cup packed **brown sugar**
2 **eggs**
½ cup **vegetable oil**
1½ cups **all-purpose flour**
1¼ cups **whole-wheat flour**
1 Tablespoon **baking powder**
2 teaspoons **cinnamon**
1 teaspoon **nutmeg**
¼ teaspoon **ground ginger**
½ teaspoon **salt**
1 cup **raisins** or other dried fruit
1 cup chopped **nuts**, any type

Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
3. In another bowl, stir the flours, baking powder, cinnamon, nutmeg, ground ginger and salt together. Add to the pumpkin mixture and mix well.
4. Stir in raisins and nuts.
5. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
6. Gently flatten each cookie with the back of a spoon.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.

Makes 48 cookies
Prep time: 20 minutes
Cook Time: 10 to 12 minutes per baking sheet

KID APPROVED

Visit **FoodHero.org** for easy, tasty recipes using pumpkin.

Turkey Pumpkin Chili

Ingredients:

1 teaspoon **vegetable oil**
1 pound **ground turkey** (15% fat)
⅔ cup chopped **onion**
½ cup chopped **green pepper**
2 cloves **garlic**, minced
1 can (15 ounces) **kidney beans**, drained and rinsed
1 can (15 ounces) **white beans**, drained and rinsed
1 can (15 ounces) **pumpkin** (1¾ cup)
1 can (15 ounces) diced **tomatoes**
2 cups low-sodium **broth**
2 Tablespoons packed **brown sugar**
1 package (1.25 ounces) **taco seasoning**

Directions:

1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
3. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Makes 10 cups
Prep time: 15 minutes
Cook Time: 1½ hours

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- **gather ingredients and tools for cooking.**
- **measure and mix ingredients.**
- **drop cookies on greased baking sheet and flatten before baking.**

Pumpkin Smoothie in a Cup

Ingredients

¾ cup low-fat vanilla **yogurt** or 1 container (6 ounces)
¼ cup canned **pumpkin**
2 teaspoons **brown sugar**
¼ teaspoon **cinnamon**
⅛ teaspoon **nutmeg** (optional)

Makes: 1 cup
Prep time: 5 minutes

Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve.
3. Refrigerate leftovers within 2 hours.

Notes

- Top with granola or nugget type cereal for extra crunch.
- Extra canned pumpkin can be frozen to use later in main dishes, soups, chili or baked goods.
- Tastes great as a dip with cut fruit or graham crackers.

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Nutrition Facts

1 servings per container

Serving size	1 cup (241g)
Amount per Serving	
Calories	**200**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 34g	
Includes 20g Added Sugars	40%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 321mg	25%
Iron 1mg	6%
Potassium 514mg	10%
Vitamin A 497mcg	55%
Vitamin C 4mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Ricotta Stuffed Shells

Oregon State University

Ingredients

12 jumbo **pasta shells** (about 6 ounces)
1 ¼ cups nonfat **ricotta cheese**
¾ cup **pumpkin**
½ teaspoon **garlic powder** or 2 cloves garlic, minced
2 Tablespoons **basil**
¼ teaspoon **sage**
½ teaspoon **salt**
½ teaspoon **black pepper**
½ cup grated p**armesan cheese**, divided
1 cup **pasta sauce**

Makes: 12 Filled Shells
Prep time: 20 minutes
Cooking time: 45 minutes

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Preheat oven to 350 degrees F.
4. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
5. In a medium bowl, stir together ricotta, pumpkin, spices and all but 1 Tablespoon of the cheese. Reserve the 1 Tablespoon cheese for topping.
6. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells close together on top of the sauce.
7. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more.
8. Refrigerate leftovers within 2 hours.

Notes

- Freeze unused pumpkin and add to soup, chili or pancake recipes.

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Nutrition Facts

6 servings per container

Serving size	2 shells (163g)
Amount per Serving	
Calories	**210**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 560mg	24%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 177mg	15%
Iron 2mg	10%
Potassium 312mg	6%
Vitamin A 270mcg	30%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.