

Fall 2001 Recipes

Desserts

Pumpkin Cheesecake Pudding

Pumpkin's deep orange color lets you know it's full of the cancer-fighting antioxidant beta-carotene.

Serves 6

Provides 1 vegetable serving per person

- 1 packet unflavored gelatin
- 1/2 cup cold water
- 3 cups canned puréed pumpkin or frozen winter squash
- 3/4 cup brown sugar
- 1 1/2 cups lowfat cottage cheese
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3/4 cup lowfat plain yogurt

1. Soften the gelatin in the cold water in a small saucepan for 1 minute. Turn the heat to medium high and heat to dissolve completely.

2. Pour into a food processor with the pumpkin, brown sugar, cottage cheese, cinnamon, ginger, and cloves. Blend until smooth. Stir in the yogurt and pour into 6 individual custard cups.

3. Chill in the refrigerator until set.

Nutritional Analysis

Per Serving:

175 calories
1 g fat
7% calories from fat
1 g saturated fat
7% calories from saturated fat
31 g carbohydrates
267 mg sodium
4 g dietary fiber