



Pamper yourself this Halloween!



Pampered Chef® product news, Consultant News and Recipes.  
Just for YOU!

**Quick Kitchen Tips!**

**Buying Pumpkins**

when you're buying a pumpkin to eat, remember the biggest may not be the best. Smaller pumpkins usually have more tender and edible flesh. Look for one with a bright-orange color and an attached stem. If the stem is off, the inside may dry out and rot.

Pumpkins keep for several months and retain their flavor if stored in a cool (50-55 degrees F) dark, dry place. Separate one from another with good air circulation. Wipe off occasionally with a dry cloth.

When baking with fresh pumpkin, select a smaller pumpkin, one that weighs about 2-1/2 pounds. Wash the pumpkin, and cut it in half crosswise. Scrape out the seeds, and reserve them for roasting, if desired. Place the halves; cut side down, in a 15- by 10-inch jellyroll pan. Bake at 325 degrees F for 45 minutes or until fork tender; cool 10 minutes. Peel pumpkin, and puree in a food processor, or mash (yields about 2 1/4 cups).

Pumpkins are famous for their high vitamin A content. One serving (1/2 cup cooked) supplies enough vitamin A to meet the Recommended Daily Allowance (RDA). The vegetable also has iron, thiamin, riboflavin and vitamin C.

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**COUPON!!!**

Anyone who books a show for October from this Newsletter will receive a special gift and \$5 extra off their host order!



## October's featured recipe: Pumpkin Gems

1 yellow cake mix  
3 eggs  
1/2 cup oil  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1 can pumpkin (20 ounce can)

Preheat oven to 350F. Blend together all ingredients. Fill paper lined Mini-Muffin Pans 2/3 full. Bake for 15 minutes. Cool then frost with CREAM CHEESE FROSTING.



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