

Healthy Pumpkin Recipe

Pumpkin-Cranberry Cake

Preparation time: 1.5-2 hours
Serves: 24

Ingredients:

- 2 1/2 cups whole-wheat pastry flour, or 1 cup whole-wheat flour and 1 2/3 cups cake flour
 - 2 cups cornmeal, preferably stone-ground
 - 2 1/2 teaspoons baking soda
 - 1 1/4 teaspoons baking powder
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground allspice
 - 1 teaspoon salt
 - 2 large egg whites
 - 2 cups packed light or dark brown sugar
 - 1 15-ounce can plain pumpkin puree
 - 1 cup low-fat plain yogurt
 - 1/3 cup canola oil
 - 2 teaspoons grated orange or lemon zest, (optional)
 - 1 1/2 cups dried cranberries, or raisins
- *Confectioners' sugar, for dusting

Method:

1. Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
2. Whisk flour, cornmeal, baking soda, baking powder, cinnamon, allspice and salt in a large bowl.
3. Whisk egg whites, brown sugar, pumpkin, yogurt, oil and orange (or lemon) zest, if using, in a medium bowl until well combined. Stir the pumpkin mixture and dried cranberries (or raisins) into the dry ingredients with a rubber spatula just until completely blended.
4. Pour the batter into the prepared pan, smoothing the top with the spatula. Bake until a skewer inserted in the center comes out clean, 50 to 60 minutes.
5. Let the cake cool in the pan on a wire rack for 5 minutes, then turn out of the pan and place right-side up on the rack to cool. Dust the top with confectioners' sugar.

Credit: Recipe adapted from Keep the Beat, National Heart, Lung, and Blood Institute.

Nutritional Information per Serving

Calories: 205	Carbohydrates: 41 g
Total Fat: 4g	Cholesterol: 1 mg
Saturated Fat: 0 g	Dietary Fiber: 3 g
Potassium: 66 mg	Sodium: 269 mg
Protein: 3 g	Vitamin A: 55% of daily value

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