

Nutrition Facts

Mashed Maple Pumpkin

4 Servings

Amount Per Serving

Calories	156.4
Total Fat	2.3 g
Saturated Fat	1.3 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.6 g
Cholesterol	5.5 mg
Sodium	604.0 mg
Potassium	789.3 mg
Total Carbohydrate	35.9 g
Dietary Fiber	3.2 g
Sugars	11.9 g

Cost of Meatloaf Serves 4

93% Lean Ground Beef:	\$5.80
Carrots:	\$0.24
Green Onion:	\$0.12
Celery:	\$0.32
Green Pepper:	\$0.72
Tomato Juice:	\$0.32
Rolled Oats:	\$1.44
Salt/Pepper:	\$0.25
Total:	\$9.21
Cost Per Person:	\$2.30

Cost of Pumpkin Serves 4

Pumpkin:	\$3.78
Maple Syrup:	\$1.76
Butter:	\$0.19
Cinnamon:	\$0.10
Salt:	\$0.05
Total:	\$5.88
Cost Per Person:	\$1.47



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Feed Our Future

Cooking Matters Workshop I



Meatloaf &
Mashed Maple Pumpkin

Very Veggie Meatloaf

Ingredients

20 oz. (1-1/4 lb) 93% lean ground beef (turkey or chicken may be used)
4 oz. carrots, grated
2 oz. celery, very fine dice
1 oz. green onion, minced
1/2 green pepper, very fine dice
4 oz (1/2 cup) tomato juice
1 cup rolled oats
Salt and pepper to taste

Directions

If possible, put vegetables through blender or grinder.
If not, dice very fine. The amount of vegetables will equal about 1 cup.
Combine with rest of ingredients. Pack into pan (glass is best).
Bake at 350 degrees for about 1 hour and 10 minutes. Immediately pour off all liquid. Cool meatloaf slightly before slicing.

Nutrition Facts

Very Veggie Meatloaf

4 Servings

Amount Per Serving

Calories 425.4

Total Fat 25.8 g

Saturated Fat 9.9 g

Polyunsaturated Fat 1.6 g

Monounsaturated Fat 11.0 g

Cholesterol 97.8 mg

Sodium 191.7 mg

Potassium 573.7 mg

Total Carbohydrate 17.9 g

Dietary Fiber 2.9 g

Sugars 3.3 g

Protein 29.6 g

Vitamin A 37.0 %

Mashed Maple Pumpkin

Ingredients

2-1/2 lbs pumpkin, halved and seeded
4 tablespoons pure maple syrup
2 teaspoons butter
1/2 teaspoon salt
1/2 teaspoon ground cinnamon

Directions

Preheat oven to 400 degrees F.

Coat 9 x 13 inch baking pan with cooking spray.

Place pumpkin halves cut-side down in prepared pan. Bake until soft, about 50 mins. Let cool for 10 mins.

Scrape soft pumpkin flesh into a medium bowl. Stir in syrup, butter, cinnamon, and salt with a fork, mashing the pumpkin until somewhat smooth.

Serving Size: 1 cup

Serves: 4