

# How to Cook a Pumpkin



1. Cut out the top of the pumpkin about an inch away from the stem.



2. Remove the top of the pumpkin.



3. Using either your hands or by scraping with a spoon, remove the seeds. You can do this now or wait until after cutting the pumpkin in half. Be sure to save and toast the seeds for a special treat!



4. Cut the pumpkin in half.



5. Cut the pumpkin into crescent shaped slices. Cutting along the grooves of the pumpkin makes cutting easier.



6. Place cut pumpkin in a greased baking dish and bake at 350°F until a fork inserts easily through the shell and the meat is tender – about 45 min.



7. Allow the pumpkin to cool so you can handle it easily. Cut the shell off the pumpkin and cut the pumpkin meat into chunks. The pumpkin can now be used in recipes or put into freezer containers for later use.