

CULINARY CORNER

October 2026 Edition



Scranton School District

Educating Students From All Over The World

Pumpkin Mousse

- 1 cup heavy cream, chilled
- 1 (15-ounce) can pumpkin puree
- 1/3 cup evaporated milk
- 1 (3.4-ounce) box pumpkin spice-flavored instant pudding mix
- 1 teaspoon vanilla extract
- Garnish of choice, anything from graham crackers, ginger snap cookies or, spiced pecans would make a fine texture addition.

PUMPKIN POWER!

The pumpkin may be one of the most recognizable vegetables in existence, but aside from being turned into a pie or a jack-o-lantern there are seemingly very little culinary uses for this gargantuan gourd. This recipe aims to rectify that with a unique twist that can be done in very little time. If you aren't making your own homemade puree, that is.

1. Place the heavy cream in the bowl of a stand mixer fitted with the whisk attachment. Whisk until medium peaks are formed, 1 to 2 minutes.
2. In a separate bowl, whisk together the pumpkin puree and milk. Add the pudding mix and vanilla and whisk to combine. Fold in the whipped cream and thoroughly combine. Transfer the mousse into 6 (7-ounce) dessert bowls or ramekins. Place in the refrigerator for at least 1 hour or up to 4 before serving.
3. Coarsely chop the spiced pecans and sprinkle on top of the mousse just before serving. Or serve with graham cracker/ginger snap cookie as the garnish, or food process them into a dust.

Pumpkin's rich orange color is also a sign it's packed with potassium. This is beneficial for lowering blood pressure.

COMING SOON!!!



Southwest Crunch Burger!

This special will be running from 10/5 to 10/9.

Beef Patty topped with a cheesy blend of roasted onions, peppers, cumin, smoked paprika, and garlic. Layered with tortilla chips.

HEALTH BENEFITS OF THE PUMPKIN

Like other orange-colored fruits and vegetables, butternut squash is full of beta-carotene and alpha-carotene. Your body converts them to vitamin A, which is important for your immune system. In addition to beta carotene, pumpkins offer vitamin C, vitamin E, iron, and folate - all of which strengthen your immune system. More pumpkin in your diet can help your immune cells work better to ward off germs and speed healing when you get a wound.

Pumpkin's rich orange color is also a sign it's packed with potassium. This is beneficial for lowering blood pressure. Unsalted pumpkin seeds are also crammed with minerals and plant sterols that raise HDL cholesterol levels and help keep blood pressure numbers down, too.

The antioxidant power of beta carotene in pumpkin works to combat the effects of aging on your skin. It also helps ease inflammation, which keeps your skin and your body calmer and happier.

Your odds of heart disease go down as your fiber intake goes up, and pumpkin is loaded with it. But it isn't just the fiber that takes care of your ticker: The vitamin A and potassium you get when you add pumpkin to your diet also play a part in heart health.

Safety Corner!

Topic: Proper Pumpkin Breakdown



1. Start with a small pie pumpkin. These are the best for actual cooking; leave the big boys to the jack-o-lantern carvers.
2. Use your biggest, heaviest chef's knife. It should still feel comfortable in your hand – you don't want it slipping free. Insert the point of the knife at the top of the pumpkin and push it in.
3. Slowly and carefully push the knife in, applying pressure straight down, and pausing to wiggle the knife from side to side, widening the crack. Work your way slowly down the side of the pumpkin.
4. Holding the pumpkin down, repeat on the other side of the pumpkin.
5. Push straight down through the second crack and split through the bottom of the pumpkin.
6. You should be able to cut through the split on the bottom. The two halves should only be attached at the stem now.
7. Pull apart with your hands, cracking at the stem.