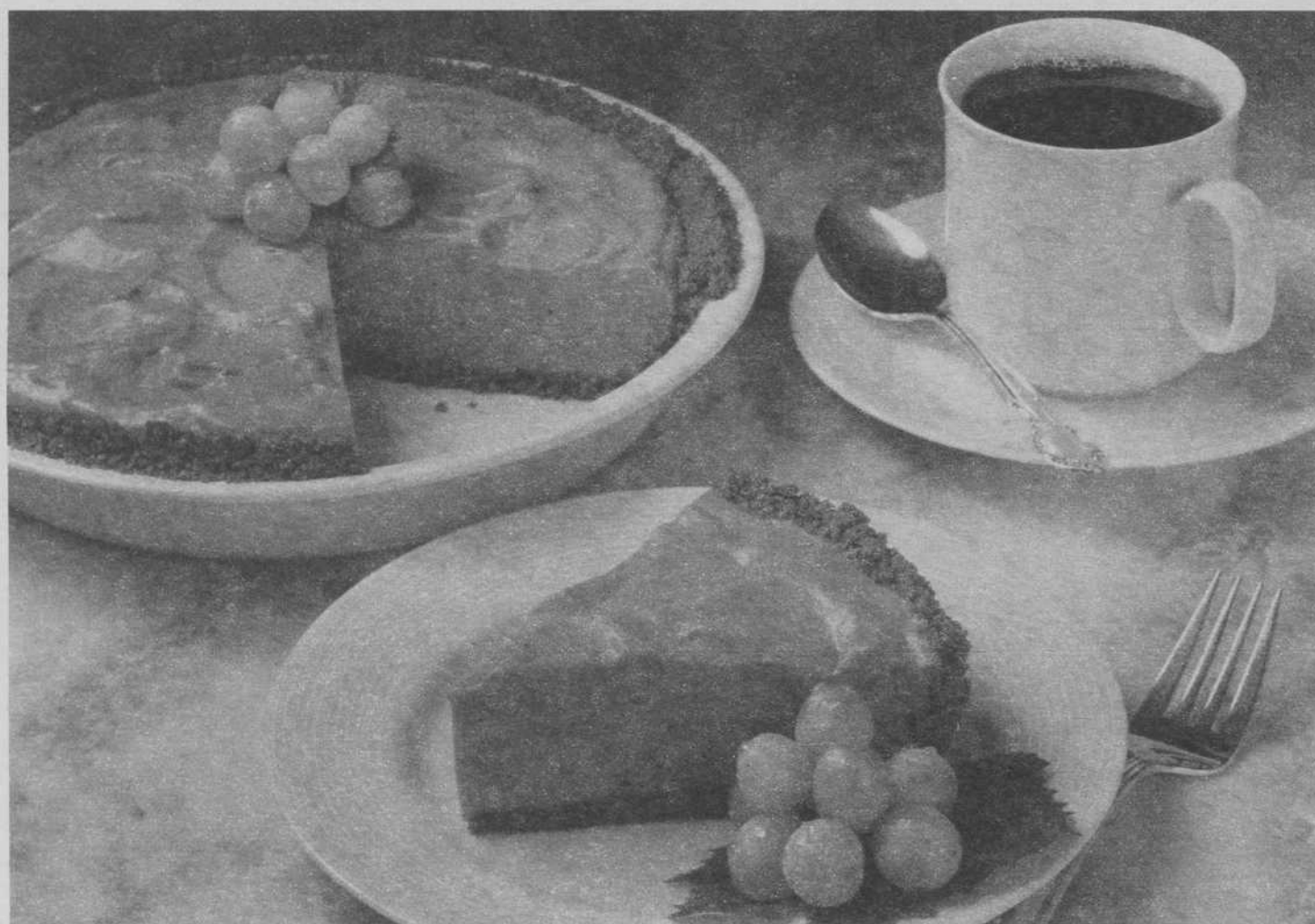


MONITOR Munchings



Pumpkin For Mother's Day And Lots of Other Days



Light 'N Lovely Pumpkin Pie

For those who thought pumpkin was a Halloween treat, you have a surprise. Canned pumpkin has made delicacies like pumpkin pie a year 'round treat.

Our recipes are brought to you courtesy of Libby, McNeill & Libby, Inc.

Light 'N Lovely Pumpkin Pie

- 1 cup graham cracker crumbs
- 1 cup butter or margarine, melted
- 1 can (30 oz.) pumpkin pie mix
- 1 egg, slightly beaten
- 4 teaspoons unflavored gelatin
- 1/8 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1 cup whipped topping

Combine graham cracker crumbs with

butter; mix well. Press firmly into bottom and sides of 9-inch pie plate. Chill. In medium saucepan, combine pumpkin pie mix, egg, gelatin and nutmeg; mix well. Cook over medium heat, stirring constantly, until mixture boils. Chill until partially set, 1 to 2 hours. Add vanilla. Fold in whipped topping. Spoon into prepared crust. Chill until firm. Cut into 6 wedges. Garnish with green grapes, if desired. (285 calories per serving. Yields one 9-inch pie.)

Homemade Pumpkin Pie Ice Cream

- 4 eggs, separated
- 1 1/2 cups firmly packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon cloves

- 1/2 teaspoon salt
- 1 tablespoon cornstarch
- 2 cups half and half
- 1 can (16 oz.) pumpkin
- 2 teaspoons vanilla extract
- 1 cup whipping cream, whipped

In large bowl, beat egg yolks until light and fluffy. Gradually beat in sugar. Add spices, salt, cornstarch and half and half; mix well. Cook over medium heat stirring constantly until thickened, about 5 minutes. Add pumpkin and vanilla; mix well. Remove from heat; cool. Beat egg whites until stiff peaks form. Gently fold pumpkin mixture into egg whites. Fold in whipped cream. Pour into ice cream freezer container. Freeze until firm according to manufacturer's directions. Scoop into dessert

dishes. Garnish with whipped topping and chopped nuts, if desired. (Yields about 2 quarts.)

Pumpkin Pineapple Cake

- 1/2 cup butter or margarine, softened
- 1 3/4 cups firmly packed brown sugar
- 6 eggs, slightly beaten
- 1 cup wheat germ
- 1/2 cup plain yogurt
- 3 cups flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 can (16 oz.) pumpkin

Cream butter and sugar until light and fluffy. Blend in eggs, wheat germ and yogurt. Mix together flour, baking soda, salt and spices; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Pour over prepared pineapple mixture. Bake 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes; invert on wire rack. Cool. (Yields 12 servings.)

Topping: Preheat oven to 350°F. Melt 1/2 cup butter or margarine in 13x9-inch pan in oven. Remove from oven; stir in 2 cups firmly packed brown sugar, mixing until well-blended. Arrange 1 can (20 oz.) drained pineapple rings and maraschino cherries over brown sugar mixture.

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

- Argo Cornstarch
- Cool Whip Non-Dairy Whipped Topping
- Kraft Parkay margarine
- Libby Solid Pack Pumpkin & Pumpkin Pie Mix
- Land O'Lakes butter

