



Sweet Thanksgiving Pumpkin Maple Cornbread

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Oven
- Muffin pan
- Paper cupcake liners
- Skillet (or saucepan or microwave) for melting butter
- Mixing bowls
- Can opener
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk

Ingredients

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- 1 C fine cornmeal
- 1 C all-purpose flour ******(for GLUTEN ALLERGY sub 1 1/4 C gluten-free/nut-free all-purpose flour)******
- 1 tsp baking powder

- 1/2 tsp baking soda
- 1/4 tsp ground cinnamon
- 1/8 tsp salt
- 1/2 C unsalted butter ******(for DAIRY ALLERGY sub unsalted dairy-free/nut-free butter, like Earth Balance brand)******
- 1 large egg ******(for EGG ALLERGY sub 1 ripe banana)******
- 2 T vegetable oil ******(for SOY ALLERGY sub avocado oil)******
- 1/3 C brown sugar
- 1/4 C maple syrup
- 1 C pumpkin purée

Food Allergen Substitutions

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Gluten/Wheat: For 1 C all-purpose flour, substitute 1 1/4 C gluten-free/nut-free all-purpose flour.

Dairy: Substitute unsalted dairy-free/nut-free butter, like Earth Balance brand.

Soy: Substitute avocado oil for vegetable oil.

Egg: For 1 large egg, substitute 1 ripe banana.

Instructions

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intro

Thanksgiving is one of my favorite holidays. Every year, my whole family gathers and prepares a feast together. It always feels so special cooking, laughing, singing, and dancing around with my entire family. Cornbread is a Thanksgiving staple. Corn has actually been served since the first Thanksgiving in 1621, so it's the perfect ingredient to help us celebrate Thanksgiving. While you cook your way through this scrumptious Sweet Thanksgiving Pumpkin Maple Cornbread recipe, remember to laugh, sing, dance, and celebrate how fun it is to cook with friends and family.

measure + whisk

In a medium mixing bowl, measure **1 cup cornmeal, 1 cup flour, 1 teaspoon baking powder, 1/2 teaspoon baking soda, 1/4 teaspoon cinnamon,** and **1/8 teaspoon salt.** Stir with a whisk until all the dry ingredients are well mixed.

melt + measure

In a skillet, saucepan or microwave, melt **1/2 cup butter**. Then, in a large mixing bowl, crack in **1 egg** and measure **2 tablespoons vegetable oil**, **1/3 cup brown sugar**, **1/4 cup maple syrup**, and **1 cup pumpkin purée**. Add the melted butter to the wet ingredients. Whisk until combined.

preheat + mix + whisk

Preheat the oven to 350 F. Pour the dry ingredients into the wet ingredients and whisk until smooth. Place cupcake liners in each well of a muffin pan.

bake + serve

Pour 1/4 cup of batter into the lined muffin pan wells. Bake for 15 minutes or until golden brown. Serve alongside the **Wonderful Whipped Maple Butter!** Bon appétit!

Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica! Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people. A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved! Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles! According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.