



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Pumpkin Pie*

Makes 6 servings

### **Ingredients:**

1 unbaked 9" dish pie shell (pre-made or homemade)  
¾ cup granulated sugar  
1 tsp ground cinnamon  
½ tsp salt  
½ tsp ground ginger  
¼ tsp ground cloves  
2 large eggs  
1 can (15 oz) pumpkin puree  
1 can (12 oz) evaporated milk  
Optional: whipped cream for topping



### **Directions:**

1. Preheat oven to 425°F.
2. Mix sugar, cinnamon, salt, ginger, and cloves in small bowl.
3. In a large bowl, beat eggs. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour filling into pie shell.
4. Bake in preheated oven for 15 minutes. Then reduce oven temperature to 350°F and bake for 40-50 minutes or until knife inserted near center comes out clean.
5. Cool on wire rack for 2 hours. Serve immediately or refrigerate until ready to serve.

### **Nutrition Tips:**

1. The bright orange color of pumpkin comes from its richness in beta-carotene, which is a nutrient that the human body converts to vitamin A for supporting eye health and other immune functions.
2. Just a single cup of pumpkin provides over 200% of the recommended daily value of vitamin A.
3. Not only is pumpkin a festive fall food, but it is a great source of antioxidants lutein and zeaxanthin, both of which have been linked to supporting eye health.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.