

Kådon Kalamasa

Makes
10 servings

Prep time
15 minutes

Cook time
15 minutes

Low in
Sodium
Sugar
Fat

Ingredients:

- 1 fresh kalamasa (local pumpkin)
- 1 yellow onion, sliced
- 2 fresh garlic cloves, chopped
- 3 cups low-sodium chicken or vegetable broth
- 1 cup water
- ½ cup low- or non-fat milk
- Salt & pepper to taste
- Green onions, for garnish

Nutrition Facts

10 servings per container
Serving size 1 cup (234g)

Amount per serving
Calories **45**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Remove the skin of the pumpkin and scrape seeds out. Cut into 1-2 inch chunks.
2. Place the pumpkin, onion, garlic, broth, and water into a large soup pot. Bring to a boil, uncovered, then reduce heat and let simmer rapidly for about 15 minutes or until pumpkin is fully tender.
3. Remove from heat. Stir in milk and add salt and pepper to taste.
4. Use a blender to puree the soup mixture until smooth and creamy. Keep in mind that this may need to be done in batches.
5. Ladle pureed soup into bowls and garnish with green onions.

