

Påstit Kalamasa (Pumpkin Turnover)

Makes
48 pastries

Prep time
45 minutes

Cook time
20 minutes

Good source of
Protein
Fiber

Ingredients:

- 4 cups whole wheat flour
- 1 cup sugar
- 1 tsp. baking powder
- 1 cup non-fat/skim milk
- ½ cup vegetable shortening
- 2½ cups pure kalamasa puree or pumpkin puree (canned or fresh*)
- ¾ cup brown sugar
- 1½ tsp. pumpkin spice

**see back for instructions on fresh kalamasa puree*

Nutrition Facts

48 servings per container	
Serving size	1 mini turnover (37g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 45mg	0%

*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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For fresh kalamasa (pumpkin) puree:

1. Preheat oven to 325°F.
2. Cut kalamasa in half. Remove seeds and center pulp.
3. Cover each half with foil and bake foil-side up for 1 hour.
4. Cool. Remove skin. Puree kalamasa meat in blender and set aside.

For Crust and Filling:

1. Sift flour, sugar, and baking powder into large mixing bowl.
2. Add skim milk and shortening. Mix thoroughly to form dough.
3. Cut or separate dough into 48 balls, about the size of golf balls. Set aside.
4. In a separate bowl, mix kalamasa puree (or canned pumpkin), brown sugar, and pumpkin spice for filling. Set aside.

For Påstit (Turnovers):

1. Preheat oven to 375°F. Flatten dough ball into 4-inch disk.
2. Place 1 tsp. of filling into the center of the disk.
3. Brush edges of disk with water and fold in half, forming a semi-circle.
4. With fork, crimp edges to seal. Poke holes into the top of the turnover for ventilation of filling. Repeat with remaining dough and filling.
5. Place turnovers on baking sheet. Bake for 20 minutes, or until edges are golden brown. Enjoy.

