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HARD/EASY: How to ward off fall chill without wearing a jacket By [Babette Morgan](#)

10/31/2007

First, the temperature dipped into the 50s.

RECIPES

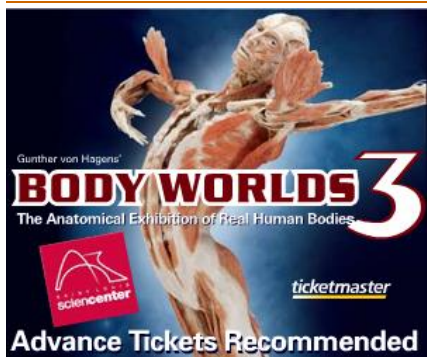
- EASY:** Boo Bread Pudding
- HARD:** Pumpkin Bread Pudding In A Pumpkin Shell

"Let's wear your jacket today," I told my 6-year-old as he got ready for school. October was beginning to truly feel like October.

"I don't need it," he said.

A few days later, the temperature dipped into the 40s.

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outside, I can at least warm him up on the inside.

A few weeks ago, I came across a kid-friendly recipe that can do just that. The recipe, for Boo Bread Budding, is by Liz Weiss, a registered dietitian and co-author of "The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!"

Her bread pudding is loaded with healthful foods that children like, such as low-fat chocolate milk and whole-grain cinnamon-swirl bread.

Or, for a richer take on bread pudding, try the recipe for Pumpkin Bread Pudding in a Pumpkin Shell from

[BnBfinder.com](#), a website with innkeepers' recipes. This recipe, from Songbird Prairie Bed and Breakfast in Valparaiso, Ind., would add to a very special breakfast or would make a centerpiece dessert for fall holidays.

I don't mind stirring up hot foods like these for my son. Baking is one of my favorite things. But I still have high hopes that we'll get to use his jacket this year.

Maybe after the first snowflakes fall.

"You would look really good in your jacket," I told him. "And it's colder today."

"No way, Mom," he said. "I can take the cold."

In the end, we struck a deal. He agreed to take a jacket to school — stuffed inside his backpack. He never put it on.

The only inkling I have that the chilly weather is getting to him is his sudden craving for hot food.

"How about a snack?" he suggested the other night. "Something hot."

If I can't wrap him up on the

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Let's Eat Recipe Card

Pumpkin Bread Pudding In A Pumpkin Shell

Yield: 12 servings

1 (1-pound) loaf of egg bread or challah, sliced

1/2 cup (1 stick) butter, melted

4 to 6 small or 1 medium (about 8-pound) pumpkin

2 (12-ounce) cans evaporated milk

3 cups half-and-half

1 cup granulated sugar

1 cup cooked, pureed pumpkin

or canned pumpkin puree

6 large eggs

2 teaspoons ground ginger

2 teaspoons ground cinnamon

2 teaspoons vanilla

1/2 teaspoon salt

1 cup sliced dates or raisins

1 cup walnuts

Step 1: Preheat oven to 350 degrees. Spread bread slices on 2 baking sheets. Let toast in oven for 12 to 15 minutes or until golden. Remove from oven. Brush slices with melted butter. Cut bread into cubes.

Step 2: Cut off the top of pumpkin (or pumpkins); remove seeds and fibers. Place in a large pan that has 1 inch of boiling water in it. Bake for 30 minutes.

Step 3: Meanwhile, prepare pudding. In a large saucepan, whisk together evaporated milk, half-and-half, sugar and pumpkin until smooth. Place over medium heat until bubbles appear around the sides of pan. Remove from heat.

Step 4: In a large mixing bowl, whisk eggs with ginger, cinnamon, vanilla and salt until well-blended. Then beat in a cup of the pumpkin mixture. Pour egg mixture into remaining pumpkin mixture and mix well. Transfer bread cubes to mixing bowl. Pour pumpkin mixture over bread and let stand 15 minutes. Fold in dates and nuts.

Step 5: Fill partially baked pumpkin shell or shells with pudding mixture. Return pudding and shell to oven, adding more water to pan if needed. Bake for about 1 1/2 hours or until puffed and golden and a knife inserted in the center comes out clean. Set pumpkin lid in the oven for the last hour of baking. Serve directly from the the shell.

Per serving: 578 calories; 30g fat (47 percent calories from fat); 14g saturated fat; 184mg cholesterol; 15g protein; 62g carbohydrate; 33g sugar; 5g fiber; 451mg sodium; 292mg calcium; 497mg potassium.

Adapted from a recipe by Songbird Prairie Bed and Breakfast, Valparaiso, Ind.

Looking for more great recipes?

Check out the [Recipe Exchange](http://www.stltoday.com/recipeexchange), Food Editor Judith Evans' blog

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