

Pumpkin Mac 'n' Cheese

Adding pumpkin to this traditional comfort food boosts the vitamin A content, and whole grain pasta makes it high in fiber.

Serves 10



Ingredients

- 1 16-ounce package whole wheat pasta, elbow or shells
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 2 cups pumpkin puree
- 1 cup plain low-fat yogurt
- 1 cup vegetable stock
- ¼ cup flour
- 1 teaspoon dry mustard
- 2 cups grated cheddar cheese, divided
- ½ teaspoon salt
- Pepper to taste
- ½ cup whole wheat Italian breadcrumbs (you can also use plain or Panko)

Nutrition Facts

Serving Size about 1 cup
Servings Per Recipe 10

Amount Per Serving

Calories 300 Calories from Fat 90

% Daily Value*

Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 210mg	9%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 4g	

Protein 14g

Vitamin A 160% • Vitamin C 6%

Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Cook pasta al dente, according to package directions.
2. Preheat oven to 375 degrees F.
3. Heat 1 tablespoon olive oil over medium heat in a large sauce pan. Add onion and garlic and sauté for a few minutes until the onion is translucent.
4. Add the pumpkin puree and yogurt, stir until smooth, cooking for a minute.
5. Turn the heat down to medium low. Pour in the vegetable stock and stir until smooth, cooking for 3-5 minutes.
6. In a bowl, toss the flour, mustard and 1½ cup of cheese together. Add to pumpkin/broth mixture and stir until melted. Season with salt and pepper.
7. Add cooked pasta to sauce, tossing gently to combine. Spoon into a baking dish.
8. Top the macaroni with the remaining cheese, and breadcrumbs. Bake for 12-15 minutes and serve.

Please note: nutritional values are approximate.

