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.

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)

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. Turn the heat to medium low. Pour in the vegetable stock and stir until smooth, cooking for 3-5 minutes.
8. Add cooked pasta to sauce, tossing gently to combine. Spoon into a baking dish.
9. Top the macaroni with the remaining cheese, and breadcrumbs. Bake for 12-15 minutes and serve.