

Recipe for

PASTA WITH CREAMY PUMPKIN SAUCE

EQUIPMENT NEEDED Medium saucepan, large spoon, knife, cutting board, can opener
measuring cup, measuring spoon, large pot (for pasta)

ESTIMATED COST \$9.65 COST PER SERVING \$2.41 SERVES 4

INGREDIENTS

- 2 tbsp oil (e.g., olive, avocado, grapeseed)
- ½ ea onion, chopped small
- ½ tsp salt
- 2 cloves garlic, minced
- ½ tsp dried oregano
- 1 tsp chili powder
- 1 ea 15 oz can crushed tomatoes (or diced tomatoes)
- 1 cup broth (e.g., vegetable, chicken, beef)
- 1 ea 15 oz can pumpkin puree 3
- 1 tbsp butter (optional)
- To taste, Salt and pepper
- 16 oz whole wheat pasta, prepared to box instructions 2
- ¾ cup shredded Parmesan cheese (optional)

METHOD OF PREPARATION

1. In a medium saucepan, warm the oil over medium heat. Add onion and salt. Sauté for 3-5 minutes, stirring often.
2. Over medium-high heat, add the garlic, oregano, chili powder, tomatoes, broth, and bring to a boil.
3. Reduce the heat to medium-low and add the pumpkin purée and stir to combine. Continue simmering for 5 minutes, then remove it from the heat.
4. Add butter to the saucepan, stirring to melt (optional).
5. Season to taste with pepper and salt. Stir into warm pasta. Serve with Parmesan cheese (optional).

Recipe for

PASTA WITH CREAMY PUMPKIN SAUCE

NUTRITION INFORMATION

Pasta with Creamy Pumpkin Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	228.1 kcal	11 %
Total Fat	11.2 g	17 %
Saturated Fat	2.6 g	13 %
Trans Fat	0.1 g	
Cholesterol	7.6 mg	3 %
Sodium	552.3 mg	23 %
Total Carbohydrate	29.7 g	10 %
Dietary Fiber	6.5 g	26 %
Sugars	10.3 g	
Protein	5.2 g	10 %
Vitamin A	231 % • Vitamin C	23 %
Calcium	7 % • Iron	18 %

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

Full info at cronometer.com <>

HEALTH BENEFITS

Tomatoes are commonly considered a vegetable; however, they are technically a fruit. Their bright red color comes from carotenoids, an antioxidant. Antioxidants are useful in reducing inflammation, preventing cancers, and improving brain and heart health.

HEALTH BENEFITS

Pumpkins are rich in fiber, partially soluble fiber. Canned pumpkin can contain about 7 grams of fiber per 1 cup serving. Fiber is great for weight loss, digestion and controlling blood sugar levels.



References:

1. Recipe provided by Kelley Robertson.