

Pumpkin Mac and Cheese



8 oz pasta
2 c roasted pumpkin, pureed
2 tbsp butter
½ tsp salt
½ tsp pepper
8 oz American cheese
2 tsp garlic, finely minced
1 c milk

Make sauce.

Melt butter in a saucepan, add garlic. When fragrant add salt, pepper, milk, cheese and pumpkin. Stir to combine . keep warm

In a large pot bring to boil 6 cups of water, add pasta and cook according to directions.

Pour sauce over pasta.

Nutritional Information

Calories per serving 230

Total Fat 11g

Saturated Fat 6g

Cholesterol 54mg

Sodium 549mg

Total Carbohydrates 22g

Dietary Fiber .7g

Protein10g

Servings8