

PERFECTLY CREAMY PUMPKIN PASTA

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1/4th of the dish)

Nutrition (per serving)

Calories: 213

Total Fat: 3 g

Saturated Fat: 0 g

Sodium: 121 mg

Total Carbohydrate: 44 g

Dietary Fiber: 6 g

Total Sugars: 5 g

Protein: 10 g



Ingredients

- 8 ounces whole wheat linguine (or pasta of choice)
- 3/4 cup pumpkin puree
- 3/4 cup low sodium chicken broth
- 1/4 cup 1% milk
- 1 teaspoon margarine
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon cinnamon

Directions

1. Cook pasta according to package directions.
2. In a large skillet, add remaining ingredients and stir together over medium low heat until well combined and heated through.
3. Add pasta to pumpkin mixture and toss until pasta is evenly coated.