

Pasta with Pumpkin Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

2 cups whole-wheat bow tie pasta
2 teaspoons olive oil
4 cloves garlic, minced
8 oz fresh mushrooms, sliced
1 cup low-sodium chicken or vegetable broth
1 (15oz) can pumpkin
1/2 teaspoon sage
1/4 teaspoon ground black pepper
1/4 cup grated Parmesan cheese
1 tablespoon dried parsley

Directions

1. Cook pasta according to pasta direction.
2. In large skillet over medium heat add olive oil, onion, garlic and mushrooms. Cook 8-10 minutes or until onion is soft.
3. Add broth pumpkin, sage and pepper. Reduce heat and simmer 6-8 minutes.
4. When pasta is finished cooking, drain and top with pumpkin sauce.
5. Sprinkle Parmesan cheese and parsley.

Recipe Notes

- Try other whole wheat pasta or stuffed tortellini or ravioli
- Add grilled chicken or other lean protein

Nutrition Facts Per Serving: Calories: 197 | Total Fat: 5g | Saturated Fat 2g
Sodium: 176mg | Total Carbohydrate: 29g | Dietary Fiber: 5g | Protein: 9

Source: www.mayoclinic.org

For more recipes, please visit www.nutrition.va.gov



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