

Pumpkin Mac & Cheese

Servings: 6

Serving Size: 2/3 cup

Cook Time: 35 minutes

Source From: American Institute for Cancer Research

Ingredients:

- Canola oil cooking spray
- ½ cup panko breadcrumbs
- 1/3 cup grated Parmesan cheese
- 8 oz whole wheat pasta
- 1 cup low fat (1%) milk
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 1 ½ cups sharp light cheddar cheese
- 1 cup canned unsweetened pumpkin
- ½ tsp. mustard powder
- ¼ tsp. ground black pepper
- Pinch of cayenne pepper
- 1/8 tsp/ ground nutmeg, optional

Directions:

1. Preheat oven to 375 degrees F. Coat a 6-cup baking dish with cooking spray and set aside.
2. In a separate bowl mix together breadcrumbs and Parmesan cheese. Toss to combine. Set mixture aside.
3. In large pot, boil 4 quarts of water. Add pasta and cook for 10 minutes, until slightly al dente. Drain in colander and set aside.
4. While pasta is cooking, heat milk in microwave or small saucepan, until it steams, and set aside.
5. In large saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute, whisking slowly. Remove from heat and gradually add milk while whisking to avoid lumps. Return pot to medium-high heat and simmer sauce until it thickens to the consistency of stirred yogurt, about 3 minutes.
6. Add cheddar cheese, pumpkin, mustard, black pepper, cayenne pepper, and nutmeg (optional). Stir until cheese melts completely.
7. Mix in cooked pasta to cheese mixture.
8. Spread mac and cheese in the prepared baking dish and sprinkle with breadcrumb and parmesan cheese mixture over top.
9. Bake 15-20 minutes or until breadcrumbs are crisp and golden brown. Serve immediately.

Nutrition Information per Serving: 260 calories, 6g total fat, 3g saturated fat, 14g protein, 38g carbohydrate, 6g fiber, 5g sugar, 230mg sodium



Substitution Options:

1. You can sauté vegetables (spinach, mushroom, peppers, onion, broccoli, etc.) to add in once mac and cheese is complete to increase vegetable intake, increase fiber intake, and create a balanced plate.
2. You can use an alternative pasta (red lentil, chickpea, etc.) in place of the whole wheat pasta.