



Pumpkin Mac & Cheese

Yield: 4 Servings

Ingredients:

3 cups cooked pasta (in any shape)
6 tablespoon cheddar cheese soup (from can)
½ cup pumpkin puree
6 tablespoon milk, 1%
3 tablespoons cheese, low-fat
4 teaspoon deli mustard



Directions

1. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature.
2. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
3. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top.
4. Stir pasta, cream mixture, and cheese until cheese melts into the pasta.
5. Eat and enjoy!

Cost: Per recipe: \$0.41; Per serving: \$0.41

Nutrition Facts: Calories, 220; Calories from fat, 25; Total fat, 3g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 230mg; Total Carbohydrate, 38g; Fiber, 3g; Protein, 10g; Vit. A, 100%; Vit. C, 2%; Calcium, 8%; Iron, 10%.

Source: <http://recipefinder.nal.usda.gov/>



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