



Pasta With Pumpkin Alfredo

By Dena McDowell, MS, RD

Servings: 4

($\frac{3}{4}$ c. pasta with $\frac{1}{2}$ c. sauce per person)

Ingredients	Nutrient value per serving
<p>8 oz. fettuccine 1 T. butter 1 T. flour 2 c. fat-free milk 1 garlic clove, minced $\frac{1}{2}$ c. shaved Parmesan cheese, plus 2 T. for topping 1 c. pumpkin puree, canned or fresh $\frac{1}{2}$ t. nutmeg $\frac{1}{2}$ t. black pepper salt to taste</p>	<p>Exchanges 3 starch $\frac{1}{2}$ milk $\frac{1}{2}$ vegetable 1 protein $1\frac{1}{2}$ fat Calories 368 Calories from Fat 70 Total Fat 8 g Saturated Fat 4 g Cholesterol 22 mg Sodium 259 mg Carbohydrate 54 g Fiber 4 g Sugar 10 g Protein 17 g</p>
Instructions	Notes
<ol style="list-style-type: none"> Bring 8 c. water to a boil. Add fettuccine and cook until al dente (about 12-15 min.). Drain in colander, rinse with cool water and set aside. In a medium saucepan, melt butter over medium heat. Slowly add flour and whisk vigorously for 2-3 min. Mixture will turn thick and bubbly. Slowly add milk and whisk constantly until mixture thickens. Add garlic and stir in. Add in $\frac{1}{2}$ c. shaved Parmesan cheese, pumpkin, nutmeg and pepper. Stir until mixture has thickened and is a smooth consistency. Add cooked fettuccine and mix, allowing sauce to evenly coat pasta. Salt to taste. Plate 4 bowls and top each with $\frac{1}{2}$ T. of Parmesan. 	<p>Prep time: 15 min. Cook time: 15 min.</p> <p><i>VEGETARIAN recipes are prepared without any meat, poultry or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products including foods with animal fats, milk or eggs.</i></p> <p><i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i></p>