



Pumpkin Pasta

Ingredients:

- 1 lb Pasta, any style (penne preferred)
- 2 Tbsp Extra Virgin Olive Oil
- 3 shallots or 1 onion chopped
- 3 garlic cloves, chopped
- 1 15oz can pumpkin puree
- 2 cups water
- ½ cup heavy cream or milk
- 2 pinches ground cinnamon
- 2 tbsp parsley (1 to garnish and 1 to cook)
- 1 tsp salt
- ½ tsp pepper
- grated parmesan cheese to garnish

Instructions:

1. Bring water to a boil and cook pasta according to package directions cooking until al dente, then drain, you can add salt for flavor
2. Heat pan over medium heat, add oil and add garlic and shallots, sauteing for around 2-3 minutes.
3. Stir in water, pumpkin, heavy cream and then season with cinnamon, salt and pepper, and parsley
4. Simmer for 5 minutes and once sauce thickens, add in cooked pasta and top with parmesan cheese and parsley

Prep Time: 10 minutes

Cooking Time: 15 minutes

Equipment:

- Pot
- Cutting Board
- Chef's Knife
- Pan
- Cooking Spoon
- Strainer
- Measuring spoon/cup

Servings: 6 **Serving Size:** 1 cup



Nutrition Information: 424 kcals, 14g fat, 65g carbs, 11g fiber, 16g protein, 4g sugar

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry