HEALTHY COOKING W/ SEASONAL PRODUCE DEMO SERIES



Pumpkin Harvest Pasta

PREP:	COOK:	SERVINGS:
5 MIN	25 MIN	4

Ingredients:

- 8 Ounces Whole Grain Pasta *your choice*
- 1/4 Cup Olive Oil
- 3 tsp Garlic *minced*
- 3/4 Cup Vegetable Broth
- 1 Cup Pumpkin Puree
- 2 Tbsp Milk
- 1 Tbsp White Wine Vinegar OR Apple Cider Vinegar
- 1 Tbsp Sage *chopped*
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/2 Cup Parmesan Cheese *grated*
- 2 Cups Spinach *fresh*
- ¼ Cup Walnuts *chopped*
- 2 Tbsp Roasted Pepitas
- ¼ tsp Allspice *optional*
- ⅛ tsp Pumpkin Pie Spice or Cinnamon *optional*

Directions:

1. Cook the pasta according to directions.
2. Meanwhile, sauté the olive oil and garlic in a pan for 2-3 minutes over medium-high heat.
3. Lower the heat to medium, then add in the pumpkin, milk, vinegar, broth, salt, and pepper. Optional add in allspice and pumpkin pie spice.
4. Quickly whisk and simmer for about 4-5 min.
5. Whisk in the sage and parmesan.
6. Turn off the heat and continue to whisk for 2-3 minutes, or until the sauce thickens just a bit.
7. Stir in the spinach, then add in the cooked pasta.
8. Top with walnuts, pepitas, extra parmesan (optional), and garnish with sage.

Recipe & Photo Credit: Creamy Pumpkin Pasta Recipe - Jar of Lemons by Christine