

Recipe for

Creamy Pumpkin Pasta

ADAPTED FROM

BuildYourBite.com

INGREDIENTS

1 cup heavy cream

1/2 cup grated parmesan

1/4 tsp of ground sage

2 cloves garlic, minced

1/2 cup finely diced onion

3/4 cup canned pumpkin

1/2 cup whole milk

1/2 lb of rigatoni or other pasta

1 TBSP unsalted butter

SERVES 3

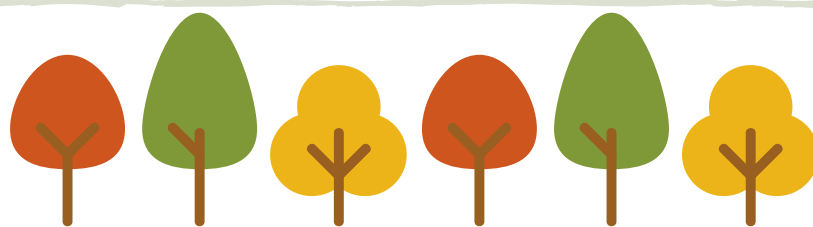
PREP TIME 5

COOK TIME 25

TOTAL TEMP 30

DIRECTIONS

1. Melt butter in a sauce pan, then add the garlic and onion
2. Cook over medium high heat for 8-10 minutes, stirring often, until onion is softened
3. Add milk, pumpkin, heavy cream and sage and cook over medium low heat, stirring often, until it begins to thicken, around 10-15 minutes
4. Add the parmesan cheese in and stir (this will thicken it more)
5. Cook the rigatoni to al dente, drain and add to the pumpkin sauce
6. Salt to taste (~ 1/2 teaspoon)
7. Serve topped with additional parmesan cheese



Dairy Free Suggestions

heavy cream -> coconut cream

milk -> favorite milk alternative

unsalted butter -> olive oil

parmesan cheese -> nutritional yeast or
dairy-free cheese

Note: These substitutions have not been tested so
measurements may need to be altered to achieve
desired sauce consistency!

