

# Recipe for

## Creamy Pumpkin Pasta

ADAPTED FROM

[BuildYourBite.com](http://BuildYourBite.com)

SERVES

3

PREP TIME

5

COOK TIME

25

TOTAL TEMP

30

### 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

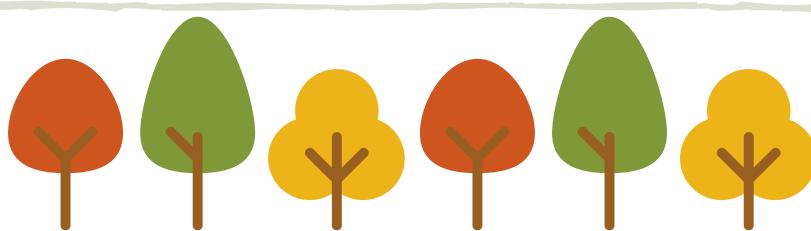
1/2 cup whole milk

1/2 lb of rigatoni or other pasta

1 TBSP unsalted butter

### 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!

