

Pumpkin Spice Macaroni and Cheese



Servings: 8

1 pound elbow macaroni

1/4 cup unsalted butter

1/4 cup all-purpose flour

1/4 teaspoon pumpkin pie spice

salt and pepper, to taste

2 cups milk

1 cup pumpkin puree

8 ounces cheddar cheese, shredded

Bring a large pot of salted water to a boil. Cook the elbow macaroni according to the package directions until al dente. Drain and set aside.

In a sauce pan melt the unsalted butter over medium heat. When the butter begins to bubble add all-purpose flour and pumpkin pie spice. Cook whisking constantly for 2-3 minutes.

While whisking slowly pour in the milk. Cook whisking constantly until the sauce bubbles and thickens. Season with black pepper and salt.

Add in the pumpkin puree and 4-ounces of cheddar cheese. Stir until the cheese is melted and the sauce is smooth.

Mix the cooked macaroni into the sauce until well coated. Pour into a 3-quart casserole dish sprayed with non-stick cooking spray. Top with remaining cheddar cheese.

Bake the macaroni in a 350°F oven uncovered for 25 minutes until golden brown on top.

Let stand for 5 minutes.

Serve

Per Serving (excluding unknown items): 437 Calories; 18g Fat (37.4% calories from fat); 17g Protein; 52g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 217mg Sodium; 6g Total Sugars; trace Vitamin D; 293mg Calcium; 3mg Iron; 298mg Potassium; 304mg Phosphorus. Exchanges: .