

Pumpkin Macaroni and Cheese



Servings: 8

*1 pound penne pasta
1/4 cup unsalted butter
1/4 cup all-purpose flour
1/4 teaspoon pumpkin pie spice
2 cups milk
1/2 teaspoon black pepper
salt, to taste
1 cup pumpkin puree
8 ounces cheddar cheese, shredded
For the Topping:
1 cup Italian seasoned bread crumbs
1 tablespoon olive oil*

Bring a large pot of salted water to a boil. Cook the penne pasta 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 shredded cheddar cheese. Stir until the cheese is melted and the sauce is smooth.

Mix the cooked penne pasta into the sauce until well coated. Pour into a 3-quart casserole dish sprayed with non-stick cooking spray.

In a bowl combine Italian seasoned bread crumbs and olive oil. Sprinkle over top of the penne pasta.

Bake in a 350°F oven uncovered for 45 minutes until golden brown on top.

Let stand for 5 minutes.

Serve

Per Serving (excluding unknown items): 453 Calories; 20g Fat (39.5% calories from fat); 17g Protein; 52g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 217mg Sodium; 6g Total Sugars; trace Vitamin D; 293mg Calcium; 3mg Iron; 300mg Potassium; 304mg Phosphorus. Exchanges: .