

# Pumpkin Macaroni and Cheese



## Ingredients:

- 1 package (16 oz) medium dry pasta (elbows, shells, bow ties)
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Dijon mustard
- 1 cup pumpkin puree
- 2 cups shredded sharp Cheddar cheese (8 oz) or cheese of your choice (Swiss, Gouda, Colby)
- 1/2 cup extra cheese for top

Prep: 25 min

Cook: 50 min

## Instructions:

- Heat oven to 350°F.
- Cook and drain macaroni as directed on package, to just al dente. Set aside.
- In 2-quart saucepan, melt butter over low heat. Stir in flour; cook 1 minute, stirring constantly with whisk, whisk in milk. Heat to simmering on medium heat; cook 1 minute, stirring constantly, until thickened. Stir in salt, pepper, mustard and pumpkin. Add the cheese 1/4 cup at a time stirring until all the cheese is melted.
- Add macaroni to cheese sauce and stir until coated. Pour into ungreased 3-quart casserole. Top with remaining cheese.
- Bake uncovered 20 to 25 minutes or until golden brown.

## Other Ideas:

- Try adding 1/2 cup bread crumbs mixed with 2 Tbs melted butter under the cheese topping
- Try adding cooked shredded turkey or diced ham
- Try adding peas

## Nutritional Facts:

Calories: 690kcal, total fat: 27gm, cholesterol: 78 mg, carbohydrate: 85g, fiber 5g, sugar: 10g, sodium: 400 mg (depending on taste). Protein: 27g