

BITS and BITES

Pumpkin Pasta Sauce

Ingredients

- 1 16 oz. box whole wheat penne
- 2 tbsp. olive oil
- 1 small white onion, finely chopped
- ¼ tsp. garlic powder
- 1 tsp. dried sage
- 1 cup low sodium chicken broth
- 1 10.5 oz can cream of chicken soup
- ¼ tsp ground cinnamon
- Pepper and nutmeg to taste

Directions

1. Bring a large pot of water to boil. Add pasta and cook according to package directions. Drain once cooked.
2. While pasta is cooking, heat olive oil over medium heat in a skillet. Add onion and sauté 6-7 minutes or until soft. Add garlic, sage, and cinnamon. Cook for an additional 2 minutes.
3. In a separate bowl, mix the low-sodium broth with the cream of chicken soup. Slowly pour into the olive oil mixture.
4. Stir in pumpkin and lower the heat. Simmer for 5 minutes or until thickened. If sauce is too thick, add a little low-sodium broth or milk to thin.
5. Serve over pasta and enjoy!

Pumpkin is a super food! Packed with vitamins A, C, and E, as well as iron and folate, pumpkin is a nutrient-rich addition to meals.

Want spicy? Try adding black pepper or a tsp. of hot pepper sauce and a pinch of nutmeg to your sauce! A garnish of parsley, nutmeg, or parmesan cheese adds flavor and color!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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