October 10- Pumpkin Mac and Cheese
Not Smart Snack
Link: http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-mac-cheese-one

Recipe
Ingredients:
¾ cups cooked pasta
1 ½ Tablespoons cheddar cheese soup (canned)
2 Tablespoons pumpkin puree
1 ½ Tablespoon low-fat milk
¾ Tablespoons shredded cheddar cheese
1 teaspoon deli mustard

Directions:
1. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature.
2. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
3. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top.
4. Stir pasta, cream mixture, and cheese until cheese melts into the pasta.

Yield 1 serving