



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

Nutrition Facts

Serving Size 1 serving (202.05g)
Servings Per Container 1

Amount Per Serving

Calories 220 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 180mg **8%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **10%**

Sugars 4g

Protein 8g **17%**

Vitamin A 100% • Vitamin C 2%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.