



## 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.