

Autumn Harvest Pasta

Creamy pumpkin and spinach pasta is an easy one pot pasta dish.

Makes: 4 servings
 Prep Time: 15 minutes
 Cook Time: 20 minutes

Source: MyPlate: Super Simple Cookbook

Ingredients

- 8 oz. short whole wheat pasta (bowtie, shells, spirals)
- 1 Tbsp. olive oil
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 cup canned pumpkin puree
- 2 Tbsp. tomato paste
- 1 cup water or chicken broth
- 3 cups baby spinach
- 1/4 cup walnuts
- Parmesan cheese for serving

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. In a large skillet over medium heat, add the olive oil, onion and garlic. Stir occasionally until softened. Add the tomato paste, pumpkin, and water or broth, whisking to combine. Reduce heat to low and cook about 5 minutes, or until sauce thickens slightly.
3. Add the spinach and cooked pasta, tossing gently until spinach wilts and the sauce coats the mixture.
4. Top with walnuts and serve with Parmesan cheese.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 recipe

Nutrients	Amount
Calories:	287
Total Fat:	10g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	175mg
Total Carbohydrates:	42.5
Dietary Fiber:	9g
Total Sugars:	5g
Added Sugars:	0g
Protein	9.5g

Utensils Needed

- Large pot
- Cutting board
- Sharp knife
- Large skillet
- Can opener
- Measuring spoons
- Measuring cups
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$16.15

Average cost/serving: \$4.04

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole-wheat pasta, 12 oz. box



Add 1 to Cart
Onion



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Pumpkin puree, 15 oz. can



Add 1 to Cart
Tomato paste, 6 oz. can



Add 1 to Cart
Low sodium chicken broth, 14.5 oz. can



Add 1 to Cart
Baby spinach, 5 oz. bag



Add 1 to Cart
Walnuts, 6 oz. bag

SAVE TIME, SAVE MONEY

My Cooking Notes

Chefs Notes

- If using broth, look for low sodium on the label to reduce salt intake.
- Have a nut allergy? Try substituting walnuts for sunflower seeds or sesame seeds.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Spaghetti with Meat Sauce
 - Pumpkin Pudding
 - Pasta with Beans and Greens