

# Pumpkin Pasta

Makes 4 servings



## Ingredients

- 8 oz penne pasta, cooked
- 1 1/2 cups canned pumpkin puree
- 1 cup almond milk, unsweetened
- 1/2 cup plain non-fat Greek yogurt
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 3/4 tsp pumpkin pie spice
- Optional: fresh sage, for garnish

Heat a large pan over medium heat and add olive oil.

Sautee onions and garlic in pan until golden brown.

Add pumpkin puree, Greek yogurt, almond milk, and pumpkin pie spice. Whisk together and bring to a boil.

Once sauce is boiling, reduce heat to a simmer to thicken.

Add cooked pasta to pan and mix together with sauce.

Scoop into bowl and garnish with fresh sage.

Enjoy!

## Nutrition Facts Per Serving (1/2 cup)

Calories 289  
Carbohydrates 51 g  
Protein 10 g  
Total Fat 5 g  
Phosphorus 83 mg  
Potassium 329 mg  
Sodium 81 mg

