

Winter Pasta with Savory Pumpkin Tomato Sauce

Makes 2 servings | Difficulty: Easy

Prep time: 20 mins | Total time: 40 mins

Pumpkin is the quintessential winter flavor. Although usually associated with sweetness (looking at you, Pumpkin Spice Latte), pumpkin can be a savory powerhouse! This flavorful, satisfying pasta dish is made with pureed pumpkin, giving life to holiday pantry leftovers in a new way. The addition of pumpkin to a traditional tomato sauce creates a velvety potassium-, iron-, and vitamin A-rich sauce, which can help support blood pressure goals, eye health, and immune function. Add a sprinkle of grated parmesan cheese for a salty boost, or add a small amount of sugar to help balance this dish's sweet and salty profile.



Recipe and photo adapted from Joyous Apron:
<https://www.joyousapron.com/pumpkin-pasta/>

Ingredients

- 5 oz. (about 1/3 box) uncooked “protein” pasta
- 1 Tbsp olive oil
- 1/4 C onion, diced
- 1/3 C carrots, finely chopped
- 2 cloves garlic, minced
- 2/3 C pumpkin puree
- 2/3 C no-salt-added tomato puree
- 1/8 C low-sodium vegetable broth
- 1/4 C full-fat Greek yogurt
- 2 C fresh spinach
- 1/2 tsp salt
- Shredded parmesan cheese (optional)
- 1 Tbsp sugar (optional)

Directions

1. In a medium pot, bring water to boil. Cook pasta using package instructions, *al dente*. Drain water and set aside.
2. In a separate large pot, heat oil to medium heat. Add onions and carrots. Sauté until tender. Add garlic and sauté for another 30 seconds.
3. Add pumpkin puree, tomato puree, and chicken broth. Stir to combine. Bring to a boil. Cook for 2-3 minutes, stirring continuously.
4. *Optional: Use an immersion blender to blend the sauce for a smoother, creamier texture.*
5. Add Greek yogurt and spinach. Stir to combine. Bring to a boil, then add salt. *Optional: Add sugar.*
6. Add sauce to cooked pasta and toss to combine.
7. *Optional: Garnish with grated parmesan cheese.*

Nutrition facts (per serving): 415 calories, 69g carbohydrates, 10g total fat, 1.5g saturated fat, 670mg sodium, 12g fiber, 18g protein, 1665 mcg vitamin A, 186mg calcium, 6.5mg iron, 1180mg potassium