



# Pumpkin Mac & Cheese Bake

SERVING: 1 SQUARE  
YIELD: 8

PREP TIME: 10 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- 2 cups Whole-Wheat Elbow Macaroni, uncooked
- 4 quarts of water
- 1/2 Yellow Onion, chopped
- 1/2 tbsp Minced Garlic
- 1 (15 oz) can Pumpkin Puree
- 1 cup Low-fat 1% Milk
- 1/4 tsp Pepper
- 1/8 tsp Ground Nutmeg
- 2 cups Shredded Sharp Cheddar Cheese
- 3/4 cup Grated Parmesan Cheese
- 1/4 cup Plain Nonfat Greek Yogurt
- 1/2 cup Panko Breadcrumbs
- Cooking Oil Spray

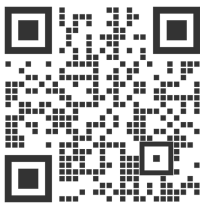
## Directions

- 1.Preheat oven to 400° F. In a medium saucepan, boil water and then add pasta. COOK for 6 minutes.  
Drain pasta & return to saucepan.
- 2.On medium heat, ADD onion, garlic, pumpkin puree, milk, pepper & nutmeg to saucepan. Cook until heated through. Stir in both cheese until melted.
- 3.Remove from heat & cool slightly. Slowly add in the yogurt to avoid curdling.
- 4.Using Cooking Oil Spray, grease 9x13 casserole dish.  
Add pumpkin mixture. Sprinkle with breadcrumbs.
- 5.Bake, uncovered, until golden brown, about 15-20 minutes. Enjoy!

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 square (0.0g)</b>
Amount Per Serving	
Calories	350
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0.6mcg	2%
Calcium 390mg	30%
Iron 1.8mg	10%
Potassium 170mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

\*Recipe adapted from  
onieproject.org

\*Cost information  
includes lower cost  
ingredients found at local  
grocery store 10/24/22.



Cost Per Recipe	Cost Per Serving
\$7.50	\$0.94



# PUMPKIN FESTIVAL ELMHURST WIC



## THE BENEFITS OF PUMPKIN



Pumpkins are rich in antioxidants like beta-carotene, which your body turns into vitamin A. Antioxidants help fight the bad cells so you can stay healthy! This is what makes the pumpkin orange!



Pumpkins have nutrients which help protect your skin. The carotenoids and collagen are made by vitamin C. It keeps your skin healthy and strong.

High in vitamin A, vitamin C, potassium, and fiber. These nutrients protect your eyes, heart, immune system, and digestion.



Pumpkins are full of nutrients and are low in calories. It is a great fruit to eat during the fall season!

