

# Pumpkin Mac and Cheese

Here's a mac and cheese that veers off the beaten path! The pumpkin adds moisture and an irresistibly earthy flavor to the easy casserole recipe.



Makes: 8 servings  
Serving Size: 3/4 cup  
Prep: 30 mins  
Bake: 30 mins 350°F  
Stand: 10 mins

## Ingredients

**2** cups dried elbow macaroni (8 ounces)

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**2** tablespoons butter

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**2** tablespoons all-purpose flour

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**1/2** teaspoon salt

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**1/2** teaspoon ground black pepper

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**1** cup whipping cream

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**1** cup whole milk

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**4** ounces Fontina cheese, shredded (1 cup)

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**1** 15 ounce can pumpkin

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**1** tablespoon snipped fresh sage or 1/2 teaspoon dried leaf sage, crushed

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**1/2** cup soft bread crumbs

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**1/2** cup grated Parmesan cheese

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**1/3** cup chopped walnuts

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**1** tablespoon olive oil

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Sage leaves (optional)

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## Directions

1. Preheat oven to 350 degrees F. Cook pasta in a large pot following package directions. Drain cooked pasta, then return to pot.
2. For cheese sauce, in a medium saucepan melt butter over medium heat. Stir in flour, salt, and pepper. Add whipping cream and milk all at once. Cook and stir over medium heat until slightly thickened and bubbly. Stir in cheese, pumpkin, and sage until cheese is melted. Stir cheese sauce into pasta to coat. Transfer macaroni and cheese to an ungreased 2-quart rectangular baking dish.
3. In a small bowl combine bread crumbs, Parmesan, walnuts, and oil; sprinkle over pasta. Bake, uncovered, for 30 minutes or until bubbly and top is golden. Let stand 10 minutes before serving. If desired, sprinkle with sage leaves.

## Nutrition Facts (Pumpkin Mac and Cheese)

Per serving: 409 kcal cal., 26 g fat (14 g sat. fat, 4 g polyunsaturated fat, 8 g monounsaturated fat), 73 mg chol., 403 mg sodium, 32 g carb., 3 g fiber, 5 g sugar, 13 g pro. Percent Daily Values are based on a 2,000 calorie diet



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