Mac (Macaroni) and Trees (Cheese) with Pumpkin and Broccoli
Serves 4

No baking required!

1 # Macaroni (Elbow) Pasta
1 cup Cheddar cheese, (reduced fat if available) shredded
1 cup Low fat milk
½ cup Gruyere cheese, shredded
1 cup Pumpkin puree
½ tsp. Salt
1 pinch Nutmeg
¼ tsp. Pepper
1 # Broccoli florets

1. Bring a large pot of water to a boil. Cook pasta according to al dente directions. Drain and set aside.
2. Cut Broccoli into florets. Blanch florets in hot water or chicken broth and 2 tbs. canola oil.
3. In a large saucepan over medium heat, combine milk, pumpkin, and nutmeg.
4. Stir until smooth and add in cheeses. Whisk together until melted and creamy.
5. Thin with additional milk as needed.
7. Plant Broccoli “trees” on the pasta in the serving bowl or plate.
8. Season with salt and pepper and serve.

Nutrition Facts
Serving Size (202g) Servings Per Container
Amount Per Serving

Calories 570  Calories from Fat 150

% Daily Value*  
Total Fat 17g  26%
Saturated Fat 10g  60%
Trans Fat 0g

Cholesterol 53mg  17%

Sodium 660mg  24%

Total Carbohydrate 99g  33%

Dietary Fiber 8g  36%

Sugar 7g

Protein 32g

Vitamin A 270%  Vitamin C 180%
Calcium 56%  Iron 38%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fat 26g  Carbohydrate 60g  Protein 32g

Calories per gram:
Fat 9  Carbohydrate 4  Protein 4