

**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.
6. Stir in drained pasta until evenly coated.
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 (392g)			
Servings Per Container			
Amount Per Serving			
Calories 670	Calories from Fat 150		
% Daily Value*			
Total Fat 17g	26%		
Saturated Fat 10g	50%		
Trans Fat 0g			
Cholesterol 50mg	17%		
Sodium 580mg	24%		
Total Carbohydrate 99g	33%		
Dietary Fiber 9g	36%		
Sugars 7g			
Protein 32g			
Vitamin A 270%	• Vitamin C 180%		
Calcium 50%	• Iron 35%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			