

Pumpkin Mac & Cheese for One

Makes: 1 Serving

Ingredients

- 3/4 cup** cooked pasta (in any shape)
- 1 1/2 tablespoons** cheddar cheese soup (from can)
- 1/8 cup** pumpkin puree
- 1 1/2 tablespoons** milk, 1%
- 3/4 tablespoon** cheese, low-fat
- 1 teaspoon** deli mustard

Directions

1. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature.
2. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
3. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top.
4. Stir pasta, cream mixture, and cheese until cheese melts into the pasta.
5. Eat and enjoy!

Notes

Low-fat cheddar cheese used in nutrition analysis and for costing purposes.

Why add pumpkin? Adding pumpkin mixture in addition to

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	2 g	3%
Protein	9 g	
Carbohydrates	42 g	14%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	367 mg	15%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	3 ounces
Dairy	1 cup

the cheese soup lowers the total calories and boosts nutritional fiber and Vitamin A.

CSAAC (Community Services for Autistic Adults and Children)