PUMPKIN MACARONI PIE

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PUMPKIN MACARONI PIE

INGREDIENTS

- 400g dry macaroni
- 2 cups pumpkin, steamed and mashed
- 1 tsp salt, for boiling the pasta

Cheese Sauce:

- ¼ cup low calorie margarine
- 3 tbsp flour
- 2 cups low fat milk
- 1 tsp garlic powder
- ¼ cup onion, finely chopped
- ¼ cup sweet pepper, finely chopped
- ½ tsp ground nutmeg
- ½ tsp prepared mustard
- ⅛ tsp ground black pepper
- 1 ¾ cups shredded cheddar cheese

Nutrition Information

Serving Size: 2.7 oz (1/3 cup)

Calories: 150; Total Fat: 4.5g; Saturated Fat: 2.5g; Cholesterol: 11mg; Sodium: 177mg; Carbohydrate: 17g; Fiber: 1g; Sugar: 2g; Protein: 6g.

Recipe yields 23 servings in total.
The average adult may have 2 servings per meal or 2/3 cup.
NB: Individual needs may be higher or lower.

METHOD

1. Boil macaroni in salted water until cooked but firm. Drain excess water and set aside.
2. Prepare cheese sauce by melting the margarine over medium heat. Whisk in the flour and cook for 1 minute.
3. Gradually whisk in milk until the mixture is smooth and thickened. Stir constantly to prevent sticking or lumps.
4. Add the garlic powder, onion, sweet pepper, nutmeg, mustard, and black pepper. Stir while cooking for 2 to 3 minutes until the mixture thickens slightly.
5. Remove the saucepan from the heat and add 1 ½ cups of the cheese. Stir until cheese is completely melted and sauce is smooth and creamy.
6. Combine the cheese sauce with the drained macaroni.
7. Add the mashed pumpkin and stir until well combined.
8. Pour the macaroni and cheese mixture into a baking dish. Sprinkle the remaining cheese evenly over the top.
9. Bake in a preheated oven, at 375°F (190°C) for 25 to 30 minutes, until the top is golden and bubbling.
10. Allow to rest for 10 to 15 minutes before slicing. Serve as desired.