
Pumpkin & Tomato Mac 'N Cheese

Description

Suggested Beverage Pairing:

Kim Crawford Sauvignon Blanc

Total time: 50 min Yield: 6 Servings

Ingredients

16 oz macaroni pasta (cooked according to package directions and drained)
4 cup milk, fat free or low fat (at room temperature)
1/2 cup flour
1/4 cup vegetable oil
48 oz pumpkin puree (plain, not pie filling)
1 1/2 cup shredded cheddar cheese (divided)
14 oz diced tomatoes (with liquid)
1 Tbsp garlic granules
1 Tbsp garlic salt
Italian basil (optional)

Prep Time: 25 min Cooking Time: 25 min Total Time: 50 min

Instructions

Preheat oven to 350°F. While your pasta is cooking, start the sauce. Pour the milk into a large sauce pan and gently heat until it is hot but not simmering. In a measuring cup, whisk the flour and oil until smooth, and then drizzle into the milk, stirring constantly. Increase the heat slightly; keep stirring until it just starts to thicken and add 1 cup shredded cheddar cheese. Blend in the pumpkin, then add the diced tomatoes with liquid and season with garlic granules and garlic salt.

Note: The cheese sauce can be made 2 to 3 days in advance; measure the 1½ cups of cheddar cheese after it has been shredded.

In a large bowl, mix the cooked macaroni with the cheese sauce, then transfer into a rimmed baking pan. Sprinkle with remaining ½ cup of cheddar cheese and bake uncovered for 20 minutes or until heated through and the top is nicely browned. Portion into bowls and garnish with Italian basil if desired.

This recipe can be easily altered by adding extra tasty ingredients to the cheese sauce; try jalapeno peppers & turkey bacon or gorgonzola cheese & broccoli.

Recipe brought to you by:

Chef Michi Holland