



Pumpkin Alfredo

Ingredients:

- 2 tablespoons unsalted butter
- 1 large shallot, minced
- 1 cup pumpkin puree
- 1 tablespoon chopped fresh sage (or 1 teaspoon dried)
- 1 cup 2% milk
- 1 cup half-and-half
- 1/2 cup (2 ounces) freshly grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Melt butter in a medium saucepan over medium-high heat. Add shallot and cook until softened; 2-3 minutes.
2. Add pumpkin and sage; stir for 30-60 seconds to combine. Add milk and half-and-half; stir well. Bring to a simmer, reduce heat to medium low, and continue to cook until thickened and slightly reduced; 4-5 minutes.
3. Stir in cheese, salt, and pepper. Taste and adjust seasonings accordingly.

Serves 6

Serving Size: 1/2 cup

Nutrition Facts			
Serving Size 0.50 cup(s) (141g)			
Amount Per Serving			
Calories	156	Calories from Fat	102
			% Daily Value
Total Fat	11.4g		17 %
Saturated Fat	6.8g		34 %
Trans Fat	0.2g		
Cholesterol	34.2mg		11 %
Sodium	237.9mg		10 %
Total Carbohydrate	8.7g		3 %
Dietary Fiber	1.6g		6 %
Sugars	4.1g		
Protein	5.8g		
Vitamin A	136 %	Calcium	19 %
Vitamin C	5 %	Iron	5 %

