



Pasta Squiggles with Pumpkin Sauce

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This is a tasty pumpkin sauce pasta featuring spiral pasta in a creamy pumpkin-based sauce with vegetables and Parmesan cheese. It is great for Halloween or autumn meals.

Servings: 8 → 40

PREP TIME

15 MIN

COOKING TIME

15 MIN

TOTAL TIME

30 MIN

Ingredients

5 pounds cellentani or spiral pasta, uncooked
1/2 cup plus 2 tablespoons butter
5 large onion, finely chopped
5 sweet red pepper, large finely chopped
15 garlic clove, minced
10 cups low sodium vegetable broth
5 cups canned pumpkin
1 1/4 cups heavy whipping cream
1 1/2 tablespoons plus 1/2 teaspoon salt
1 1/4 teaspoons ground nutmeg
1 1/4 teaspoons pepper
1 1/4 cups finely chopped fresh parsley

Nutrition

Calories 289, Total Fat 6g, Saturated Fat 3g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 1g, Cholesterol 16mg, Sodium 333mg, Total Carbohydrates 49g, Dietary Fiber 3g, Sugar 4g, Protein 8g, Vitamin A 7422IU, Vitamin C 30mg, Calcium 39mg, Iron 2mg, Phosphorous 138mg, Potassium 292mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep onion, red pepper, garlic and parsley as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. Prepare pasta according to the package instructions.
CCP: Cook to a minimum internal temperature of 135°F (57°C)).
4. In a skillet, heat butter over medium heat.
5. Add onion and red pepper; cook and stir for 6-8 minutes or until tender.
6. Add garlic; cook for 1 minute longer.
7. Stir in broth, pumpkin, cream, salt, nutmeg and pepper.
8. Bring to a boil, then reduce heat and simmer, uncovered, 8-10 minutes or until slightly thickened.
CCP: Cook to a minimum internal temperature of 135°F (57°C).
9. Drain pasta and place in serving pan(s). Stir in pumpkin mixture and parsley.
10. Hold for service.
CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve 1/2 cup using a spoodle for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES, 1/3 cup
Heart Healthy/Cardiac: YES, 1/3 cup
Low Sodium: YES
Vegetarian: YES
Gluten Free: YES, if using GF pasta OR GF Buttered Rotini Pasta

TEXTURES & CONSISTENCIES

FF: Finger Food Pasta
EC7/Soft: YES
SB6: Soft & Bite Sized Pasta Squiggles with Pumpkin Sauce
MM5: Minced & Moist Pasta Squiggles with Pumpkin Sauce
PU4: Cream of Rice OR Mashed Potatoes OR Rubicon Pureed Pasta

Allergens

milk, lactose, wheat, gluten

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 9.15.25.

Equipment

skillet, spoodle

Tags

october collection, tka, ec7, easy to chew, easy, regular, soft, heart healthy/cardiac, low sodium, diabetic, vegetarian, spoodle, skillet, taste of home, hot hold, parent recipe, side dish, dinner, lunch, pasta, vegetable
