

## PUMPKIN FETTUCINI

### Ingredients

- 1-pound dry fettuccini
- 2½ tablespoons olive oil, divided
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 14-ounce can pumpkin puree
- ¾ cup plain low-fat Greek yogurt
- 1 cup raw pumpkin seeds or pepitas (see note)
- ¼ teaspoon sea salt (optional)
- 1 teaspoon garam masala (optional)

### Instructions

Cook pasta according to instructions on package. Set oven to 350 degrees.

In a large saucepan, heat 2 tablespoons of olive oil over medium heat. Add onions and garlic and cook until translucent and fragrant, stirring occasionally (about 4 minutes).

Add beans, pumpkin, and yogurt and stir until fully mixed. Continue to stir occasionally, decreasing the heat to medium low if sauce starts aggressively sputter or stick.

While sauce is cooking, toss pumpkin seeds with remaining ½ tablespoon of oil, salt, and garam masala (if using) until evenly coated. Place on a parchment-lined baking sheet and roast for 5 to 10 minutes, until lightly toasted. (The seeds will crisp as they cool.)

When the pasta is done, drain it, reserving ½ cup of the pasta water. Place pasta in the saucepan with the pumpkin sauce and toss until coated (add a little pasta water, as needed, to help the sauce adhere to the noodles).

Top with pumpkin seeds and salt to taste. (Note: sodium is calculated assuming no additional salt is added.)

### Note:

- If short on time, purchase salted roasted pumpkin seeds and skip toasting them with the remaining ½ tablespoon olive oil, garam masala, and salt.

**Yield:** 6 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 580

PROTEIN: 24 grams

SODIUM: 170 milligrams

CARBOHYDRATE: 80 grams

FIBER: 9 grams

FAT: 18 grams

SATURATED FAT: 4 grams