



Pumpkin Mac & Cheese

– Makes 12 servings –

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Ingredients

14 ounces whole grain elbow macaroni
4 slices center-cut bacon
1 tablespoons Cabot **Unsalted Butter**
3 tablespoons **King Arthur** Whole-Wheat Pastry Flour
3 cups nonfat milk
½ cup 100% pure canned pumpkin
¼ teaspoon ground mustard
¼ teaspoon paprika
¼ teaspoon pumpkin pie spice
6 ounces Cabot **Alpine Cheddar**, Cabot **Extra Sharp Cheddar**, Cabot **Sharp Cheddar** or Cabot **New York Extra Sharp Cheddar**, shredded and divided
6 ounces Cabot **White Oak Cheddar**, Cabot **Extra Sharp Cheddar**, Cabot **Sharp Cheddar** or Cabot **New York Extra Sharp Cheddar**, shredded and divided
½ cup Cabot **Plain Greek Yogurt**

Directions

PREHEAT oven to 400°F. Coat 13 X 9 inch baking dish with cooking spray.

COOK macaroni to al dente according to package directions. Rinse and drain.

LINE rimmed baking sheet with aluminum foil and arrange bacon. Cook bacon for 10 minutes and blot dry. Crumble and set aside.

MELT butter over medium heat, in a large pot. Whisk in flour and slowly add milk until mixture is smooth and ingredients incorporated.

STIR in canned pumpkin and continue to whisk until mixture is thickened, about 5 minutes. Remove pot from heat and stir in spices, cheese (reserve 1/2 cup for topping), and yogurt whisking quickly to mix together until cheese is melted.

POUR macaroni into prepared baking dish and coat evenly with pumpkin cheese sauce. Top with remaining cheese and bacon.

BAKE for 20 minutes until cheese is melted and bubbly. Allow to cool for 5-10 minutes before serving.

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Nutrition Facts

Calories: 281

% Daily Value

Total Fat: 12.5g	19%
Saturated Fat: 7g	35%
Cholesterol: 40mg	13%
Sodium: 273mg	11%
Carbohydrates: 32g	11%
Dietary Fiber: 3.5g	14%
Protein: 16g	
Calcium: 307mg	31%