



Dose  of Nutrition

Saucy Pumpkin Penne

BY HUMA NAZ



About 2
servings



Total time:
25 mins.



Vegetarian

INGREDIENTS

- 1 cup penne pasta
- 1/2 cup 100% pumpkin puree
- 1/2 cup tomato sauce
- 1/4 cup water
- 2 tbsp. plain low-fat yogurt
- 2 garlic cloves, minced
- 1 tbsp. oil
- 1/2 tbsp. chili flakes
- 1 tsp. onion powder
- 1/2 tsp. coriander powder
- 1/2tbsp. dried parsley
- 1/4 tsp. each of salt/pepper
- 1/2 tbsp. lemon juice

PROCEDURE

01

Cook penne pasta according to package instructions.

02

Heat oil in a pan on medium to low heat and start sautéing garlic until fragrant, 30 seconds.. Then stir in pumpkin puree, water, yogurt, spices/seasonings except parsley, and tomato sauce. Let this sauce simmer on low heat for about 15-20 minutes, stirring occasionally. If the sauce is drying up, add a splash of pasta water and cook for 5 more minutes on medium-low heat.

03

Add the pasta to the sauce, stir, divide into serving plates, and sprinkle over dried parsley.

RECIPE NOTES

- Store extra in an airtight container in the refrigerator for up to 4 days.
- You can reheat the pasta in a pot or microwave with some more tomato sauce and/or a splash of milk to prevent the sauce from drying out.

Share your recreations
with me on Instagram-
I'd love to see!
@adoseofnutrition

FOR YOUR DAILY DOSE OF RECIPES, PLEASE VISIT
WWW.DOSEOFNUTRITION.COM