

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Penne with Creamy Pumpkin Sauce

Adapted from Everyday Food - November 2007

Use brown rice penne for this recipe. Look for it in the health food aisle of your local grocery store. It does not contain gluten. Why is this better for you? Come to the Healthfirst Nutrition Class and find out! It tastes great. If you would like to add some meat to the recipe, just add cooked ground turkey, ground chicken, or diced chicken breast.

Serves 4

12 ounces brown rice penne rigata pasta

coarse salt

2 tablespoons fresh rosemary

1 can (15 ounces) pure pumpkin puree

1 garlic clove, minced

1/2 cup half-and-half

1/3 grated Parmesan

1 tablespoon white-wine vinegar

1/4 teaspoon red-pepper flakes, plus more for garnish (optional)

1. Cook pasta in a large pot of boiling salted water according to directions. Reserve 2 cups pasta water; drain and rinse pasta, and set aside.
2. In pasta pot, heat oil over medium. Add rosemary, and fry, stirring, until starting to brown, 1 to 2 minutes. Using a slotted spoon, transfer rosemary to a paper towel, leaving oil in pot (Frying rosemary in olive oil not only turns the herb into a crispy garnish - it also infuses the oil to create a tasty base for the pumpkin sauce).
3. Carefully (oil is hot and will splatter) add pumpkin puree, garlic, half-and-half, Parmesan, vinegar, red-pepper flakes, and 1 cup reserved pasta water to pot. Stir sauce until heated through. 2 to 3 minutes.
4. Add pasta to sauce, and toss to coat. If sauce is too thick, add some reserved pasta water. Season generously with salt. Serve pasta sprinkled with fried rosemary and , if desired, more red-pepper flakes.