



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **PUMPKIN PASTA**

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1. Preheat oven to 425. Peel half a small sugar pumpkin and cut into 1 inch chunks (about 4 cups). Toss with 2 tablespoons extra-virgin olive oil, ½ teaspoon kosher salt, and 2 tablespoons honey. Roast on a baking sheet until tender – about 45 minutes.
2. Meanwhile, bring a pot of well-salted water to a boil. Add ½ lb whole –grain pasta and cook according to package directions.
3. While pasta is cooking, heat 2 tablespoons extra-virgin olive oil, 2 teaspoons minced garlic, and 2 minced anchovies (optional) in a skillet over medium-high heat until fragrant. – about 1 minute. Add ½ cup finely chopped toasted walnuts and roasted pumpkin. Toss to combine and heat through. Set aside.
4. Drain pasta, reserving 1 cup cooking water. Toss pasta with ½ cup cooking water and stir in ¼ cup chopped parsley and ½ cup finely grated Parmesan cheese. Season with kosher salt and freshly ground pepper, and drizzle with extra-virgin olive oil. Transfer to a bowl, and toss well with walnut and pumpkin mixture. Serve immediately.

Serves 4.

**Per serving: 521 calories; 5 g saturated fat; 21 g unsaturated fat; 11 mg cholesterol; 61 g carb; 516 mg sodium; 16 g protein; 7 g fiber.**