

Creamy Pumpkin Sage Pasta (One Pot)

Ingredients

- 1 1/2 cups pumpkin purée (homemade or steamed and blended)
- 6 oz whole grain pasta or brown rice pasta
- 2 garlic cloves, minced
- 1/2 small onion, chopped
- 1 tsp dried sage
- 2 cups water or homemade vegetable broth
- 1 tbsp olive oil
- Sea salt and black pepper

Instructions

1. In a pot, sauté garlic and onion in olive oil.
2. Add pumpkin purée, sage, salt, and broth. Stir well.
3. Add pasta directly to the pot.
4. Cook uncovered until pasta is al dente and sauce thickens (about 10–12 min).
5. Stir occasionally. Serve warm.

Benefits

Pumpkin is great for liver and eye health. Light and creamy without dairy.