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Day 3, Meal 2: Lunch: Cheesy Pumpkin Macaroni

Ingredients:

Whole-grain pasta, cooked, 8 oz.
Butter 1 tbsp
Garlic 1 clove
Shallot, finely minced, 1
Spinach, 3 cups
Nutmeg, 1/2 tsp
Sage, fresh and chopped, 1 tbsp
Thyme, fresh and chopped, 1 tbsp
Rosemary, fresh and chopped, 1 tbsp
Chicken broth, 1 cup
Low-fat milk, 1/2 cup
Pumpkin, 15-oz. can
All-purpose flour, 2 tbsp
Pecorino Romano cheese 4 oz.
Chicken breast, 3 oz.
Whole-grain bread crumbs 1/2 cup
Parmesan cheese, grated, 1/4 cup

Directions:

1. Preheat your oven to 350 degrees F. Cook the pasta in a large pot following package directions to obtain "al dente" doneness.
2. Cook the butter, garlic, and shallots over medium heat until the shallots are translucent, about 2 minutes.
3. Stir in the nutmeg, sage, thyme, rosemary blend, and spinach, and cook until the spinach wilts.
4. Stir in the chicken broth, milk, pumpkin puree, flour, and pecorino Romano cheese to the skillet. Simmer for 8-10 minutes.
5. Transfer all of your ingredients into a large baking dish, and combine them thoroughly. If using lean protein, add it at this stage. Top the mixture with bread crumbs and parmesan cheese.
6. Bake for 20-25 minutes or until the top is golden brown.

Nutrition Facts:

Serving size: 1 cup

Recipe yields 8 servings

Calories: 316

Fat: 8 g

Carbs: 33 g

Protein: 28 g