LYONS THICK & EASY®

IDDSI Level 4
Pureed Pumpkin Pasta



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LYONS HEALTH LABS™
Nourishment When You Need It Most®

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IDDSI LEVELS 4 5 6 7

INGREDIENTS

	1 Servings	8 Servings	2 Servings
THICK & EASY® Bulk Pureed Thickened Pasta Blend Item: 114399	1/2 cup	4 cups 1 2.2 lb bag	8 cups 2 2.2lb bags
Pumpkin puree, canned	Dash	1 tsp	2 tsp
Salt	Dash	1 tsp	2 tsp
Black pepper	1/2 tsp	1/2 tsp	1 tsp
Nutmeg, ground	Dash	1 tsp	2 tsp
Butter, unsalted	1/2 tsp	2 tsp	1/4 cup

NUTRITION

Serving Size: 1/2 cup pureed pasta

Calories: 220

Total Fat: 15g

Saturated Fat: 4g

Trans Fat: 0g

Cholesterol: 10mg

Sodium: 600mg

Total Carbs: 19g

Dietary Fiber: 1g

Total Sugars: 3g

Added Sugars: 0g

Protein: 3g

Calcium: 4% DV

Vitamin D: 0% DV

Iron: 6% DV

Potassium: 2% DV

DIRECTIONS

1. Prepare **THICK & EASY® Bulk Pureed Thickened Pasta Blend** per package directions.
2. Add pumpkin, salt, pepper, nutmeg, and butter to pasta and stir well.
3. To serve: Portion approximately 1/2 cup of pureed pasta onto serving plate**.
4. Top pasta as desired. Pasta pairs well with sage cream sauce, alfredo, browned butter, olive oil or a simple light sprinkling of sage.

RECIPE NOTES

***Pasta may be served in a variety of ways:**

1. Portion approximately 1/2 cup onto plate and spread evenly
2. Place pasta in a pastry bag with desired tip and pipe onto plate.
3. Press pasta through a potato ricer with a large hole disc to achieve thick noodles.

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