**Creamy Pumpkin Pasta**

**Ingredients**

1/2 lb whole wheat penne  
2 garlic cloves, minced  
2 Tbsp olive oil  
1 cup pumpkin puree, depending on your personal taste  
1/2 cup water

1 tsp. vegetable stock base  
1/2 cup half and half  
1/2 tsp salt  
1/4 tsp nutmeg  
1/2 cup parmigiano reggiano  
1/2 tsp pepper flakes, optional

**Directions**

*To cook the pasta:*

bring a large pot of water to a boil. Add dry pasta and 1 Tbs. of salt. Cook for about 12-13 minutes, or until the pasta is tender. Drain and set aside.

*For the sauce:*

In a large skillet heat the oil over medium to high heat. Add the garlic and cook for 30 seconds, just until fragrant. Add the pumpkin puree, water, vegetable stock base, and mix through. Add half and half, nutmeg and salt and cook over medium heat stirring occasionally for about 5 minutes.

Add the cheese and pepper flakes if using. Stir, turn off heat and incorporate the pasta. Serve with some extra cheese and pepper flakes