

Make a Dish with Seasonal Ingredients

Get a taste of fall by making creamy pumpkin pasta. This delicious dish uses some seasonal ingredients, including mushrooms and pumpkin. [Watch this instructional video](#) or find the full recipe listed below!

Creamy Pumpkin Pasta

Ingredients:

12 oz. bow tie pasta
2 tbsp. olive oil
2 garlic cloves (minced)
1 cup mushrooms (chopped coarsely)
2 cups 2% milk
4 oz. fat free cream cheese (cubed)
1 cup [pumpkin puree](#)
½ tsp. salt
1 tsp. sage
½ tsp. thyme
2 tbsp. fresh rosemary (chopped)



Instructions:

Cook pasta according to package directions. Heat olive oil in a large skillet. Once heated, add garlic and stir until aromatic. Add chopped mushrooms and stir until softened. Add milk and cream cheese. Stir until cream cheese is melted. Add pumpkin and spices. Stir until well combined, heated through, and aromatic. Add pasta and stir until pasta is coated. Serve immediately.

Recipe courtesy of [Texas A&M AgriLife Extension](#).