

Pumpkin Alfredo with Burrata

Serves: 3-4 Print

Ingredients:

- 1 tbsp olive oil
- 8 sage leaves
- 2 cloves garlic, minced
- ½ cup heavy cream
- ½ cup milk (I used 1%)
- 2 oz cream cheese (I used low fat)
- ½ cup canned pumpkin puree
- ½ cup freshly shredded parmesan, plus more for garnish
- salt and pepper, to taste
- 6-8 oz short cut pasta (I used rotini)
- 1 burrata ball, torn

Directions:

1. Cook pasta to al dente in salted water according to package directions. Drain, and set aside.
2. Meanwhile, heat olive oil in a saute pan over medium high heat until the oil starts to shimmer. Add sage leaves, and pan fry for 20-30 seconds until the sage is crispy. Remove leaves from pan, and place on a paper towel lined plate to drain off excess oil. Set aside.
3. Reduce heat to medium. Add garlic, and saute about 30 seconds- 1 minute until fragrant.
4. Add heavy cream, milk, cream cheese, pumpkin, parmesan cheese, and a pinch of salt and pepper, to taste. Stir constantly until cheeses are melted and incorporated. Once simmering, reduce heat to low, and simmer sauce for 4-5 mins, stirring occasionally, until the sauce has thickened. Add cooked pasta to the sauce, toss to coat, and cook for about 1 minute more. Taste for seasoning, and add another pinch of salt and pepper, if needed.
5. To serve, garnish with torn burrata and crispy sage leaves. Enjoy!

Recipe notes:

- *Since we're not using much oil in our pan, I like to slightly tilt the pan to pool the oil in one spot when I'm frying the sage. This helps to make sure the leaves fry evenly without having to use more oil than we need for our sauce.
- *Any cut of pasta would really work here. I like this one with a short cut pasta, but a long cut would work great too. You could even serve this with a whole wheat pasta, if you like.
- *The serving size depends on how saucy you like your pasta. This serves 3 people (6 oz of pasta) with nice and saucy pasta. If you reserve a ½ cup of pasta cooking water and add it to the pan along with your cooked pasta, you could easily stretch this sauce to serve 4 people (8 oz of pasta).
- *Make sure you buy canned pumpkin (pumpkin puree) and not pumpkin pie filling. Pie filling has sugar and spices added, and we don't want that in our pasta!