

“Easy as Pie”

## Red Lentil Rotini with Pumpkin Sauce

12oz box Red Lentil Pasta

2 tbsp butter

1 can pumpkin puree

1 onion, diced

3/4 cup milk (or almond milk)

1/2 tsp salt

1/4 tsp nutmeg

2 tsp dried parsley (or fresh minced if you have it)

Boil the pasta according to package directions. While the pasta is cooking:

Saute the butter and onion in a sauce pan. Once the onion is translucent, stir in the pumpkin puree, milk and spices.

Voila, dinner. Easy as pie. Serves 4.