Healthy Fall Pasta Dinners

Pasta is one of the best foods to enjoy in the fall. It is warm, easy to prepare, and makes use of all those fall fruits and vegetables. Whether you want to cook in the oven, on the stove, or in the slow cooker, these healthy fall pasta dinners are a great way to feed your family in cold nights.

**Spaghetti With Pumpkin and Nuts**

If you want to have spaghetti, skip the traditional tomato sauce pasta and start with some simple spaghetti noodles that have been cooked and tossed with a light olive oil dressing. You can then mix in some of your favorite fall vegetables, such as greens like spinach, and some chopped pieces of cooked pumpkin or butternut squash. You can then flavor it with nuts like pine nuts and walnuts. No other sauce is needed, which makes this a light dinner that is perfect for the fall season.

**Butternut Squash Alfredo Pasta**

Want a super low-fat version of alfredo? If so, butternut squash is the perfect component! You are going to use your squash to make the spaghetti b using a spiralizer with the squash. Once the pasta id one, you can then top it with your low-fat alfredo sauce. Another way to make this dish is by starting with whole wheat pasta, and making an alfredo sauce with pureed butternut squash and seasonings. Go ahead and try both methods to see which one your family likes better.

**Tomato Pasta With Veggies**

If you do want pasta with tomato sauce, just make sure you add lots of vegetables to make it more nutritious. A pasta meal with just noodles and tomato sauce is okay if you have a big salad with it, but if you’re looking for just a pasta dinner with no sides, you want to add in those veggies. A good option is to make a tomato meat sauce, top your pasta, then add cooked Brussels sprouts, asparagus, broccoli, and cauliflower to the mix.

**Spinach and Squash Lasagna**

This pasta dinner is a lasagna, but one that relies heavily on vegetables instead of having a lot of cheese inside. Most of the layers are going to contain butternut squash and other vegetables you enjoy, such as spinach and even tomato if you like your lasagna with that ingredient. Just one layer will contain your cheese mixture, which makes this a healthier and lighter dinner option.