



Egg White Pumpkin Pasta Twirls

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

INGREDIENTS

- 1 cup whole wheat pasta (twirl shape)
- 2 large egg whites
- 1/2 cup plain pumpkin puree (not pie filling) (pure, unsweetened)
- 1/4 cup finely chopped carrots (steamed)
- 1/4 cup green beans (fresh or frozen, steamed and chopped)

STEP-BY-STEP PREPARATION

- 1 Boil water in a large pot and cook the whole wheat pasta according to package instructions until al dente.
- 2 In a separate bowl, whisk the egg whites until frothy.
- 3 In a non-stick skillet, gently cook the egg whites over low heat, stirring constantly until fully cooked and slightly firm.
- 4 In a large mixing bowl, combine the cooked pasta, egg whites, pumpkin, chopped carrots, and green beans.
- 5 Serve warm and allow to cool before feeding to your dog.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: Calcium source; Omega-3 fatty acids; Vitamin or mineral supplementation. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.