



Butternut Squash Mac & Cheese

<u>U.S.</u>		<u>Metric</u>
8 ounces	Whole Wheat Elbow Noodles	226g
1 1/2 cups	Butternut Squash Puree (see separate recipe)	340g
1 cup	Milk, 1%	235mL
6 ounces (1 1/2 cups)	Sharp Cheddar Cheese, shredded	170g
1 ounce (1/3 cup)	Parmesan Cheese, shredded	30g
3/4 tsp	Kosher Salt	2g

Preparation:

1. Gather all ingredients and equipment.
2. Fill a medium pot with water (about 2 quarts) and bring to a boil. Add 1/2 teaspoon of salt to the boiling water, stir to dissolve, then add the pasta. Cook according to package directions, generally boiling for about 8-10 minutes.
3. While the pasta is cooking, make the cheese sauce. Combine the butternut squash puree, milk, shredded cheeses, and salt in a blender. If baking the mac & cheese, reserve some of the cheese (about 1/4 cup) to be sprinkled on top before baking. Blend on high speed until completely smooth, about 2 minutes.
4. When the pasta is done cooking, strain and then add back to the pot. Pour the cheese sauce over the pasta and stir to combine.
5. This can be served right away, or it can be baked in the oven for a crispy topping. If baking in the oven, preheat to 375° or set the broiler to high. Spray an 8x8 baking dish with cooking spray and add the mac & cheese. Sprinkle reserved cheese over the top, then place in the oven. Bake for 10 minutes, or until brown. If using the broiler, broil until the top is beginning to bubble and brown, about 2-4 minutes.

Nutrition Facts

6 Servings

Serving size **1 cup**

Amount per serving

Calories **290**

Total Fat 9 g

 Saturated Fat 5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 25 mg

Sodium 600 mg

Total Carbohydrate 35 g

 Dietary Fiber 4 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 3 %

Calcium 9 %

Iron 0 %

Potassium 200 mg

Phosphorus 80 mg
