Cheesy Butternut Squash Mac & Peas

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

This easy recipe is a great way to sneak some extra vegetables and fiber into your meal - the orange color of the squash results in a sauce that looks just like the blue box, too!

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	10 MIN	30 MIN

INGREDIENTS

2 cups	Elbow Macaroni, dry (about 8 oz.)
1 cup	Peas, frozen
16 oz. bag	Butternut Squash, frozen
¾ cup	Low-fat 1 % milk
½ tsp	Onion Powder
½ tsp	Garlic Powder
½ tsp	Kosher Salt
1½ cup	Cheddar Cheese, shredded (6 oz.)
¼ cup	Parmesan Cheese, grated (½ oz.)

CHEF'S NOTES

Using frozen butternut squash is an easy way to minimize steps in this recipe and cut down on chopping.

You may find that you need to add a little water for the sauce to reach the desired consistency, but it should be thick. Finely chopped broccoli would also make a nice addition. Leftovers of this dish reheat well in the microwave.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large saucepot of water to a boil over high heat for the macaroni and peas. Once boiling, add the macaroni and cook until tender, about 9 minutes. During the last minute of cooking, add the peas. Drain in a colander then add both back to the pot and set aside.
3. While the pasta is cooking, place the frozen butternut squash in a microwave safe bowl with about 1 Tbsp water and cook in the microwave for 9 minutes (if using the steam in bag option, cook according to package instructions).
4. Add the microwaved butternut squash to a large blender pitcher. Add the milk, onion powder, garlic powder, and salt. Blend on high until smooth and creamy, about 30 seconds. Remove the lid and scrape down the sides of the blender with a spatula.
5. Add both cheeses and blend again briefly until melted and combined, about 30-40 more seconds.
6. Pour the butternut squash cheese sauce over the pasta and peas and stir to combine. If desired, place the pot back on the heat to make sure everything is hot. Enjoy!

Nutrition Facts

5 servings per container

Serving size **1 cup (234g)**

Amount Per Serving

Calories **390**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 490mg	**21%**
Total Carbohydrate 52g	**19%**
Dietary Fiber 4g	**14%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 18g	**36%**
Vitamin D 0.6mcg	4%
Calcium 360mg	25%
Iron 2.7mg	15%
Potassium 410mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT