

# Butternut Squash Mac n' Cheese



*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!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>45 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

8 oz.	Whole Wheat Elbow Pasta, dry
1 cup	Butternut Squash, frozen
1 tsp	Olive Oil
¼ each	Onion, diced small
1 each	Garlic Clove, minced
½ cup	Milk, 1%
¼ cup	Water
½ tsp	Kosher Salt
¾ cup	Cheddar Cheese, shredded
1 Tbsp	Parmesan Cheese, grated

## CHEF'S NOTES

You may find that you need more water for the sauce to reach the desired consistency, but it should be fairly thick. Peas or finely chopped broccoli can be added for variety in textures and color. Leftovers of this dish reheat well in the microwave.

Like other orange-colored vegetables and fruits, butternut squash is a good source of Vitamin A which is important for healthy vision and skin. It also helps as an immunity booster!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium pot, bring water to a boil over high heat for the noodles. Once boiling, add the pasta and cook until tender, about 9 minutes. Once to desired doneness, drain and add back to the pot and set aside.
3. While the pasta is cooking, place the butternut squash in a microwave safe bowl and microwave until soft, about 5-6 minutes. Add to a blender pitcher and set aside to cool slightly.
4. Heat a small skillet over medium-high heat and once hot, add the oil. Sauté the onion until soft and translucent, about 2-3 minutes. Add the garlic and sauté until fragrant, about 30 minutes more.
5. Add the sautéed onions and garlic to the blender along with the milk, water and salt. Blend on high until smooth and creamy. Add the cheeses and blend again briefly until melted and combined. If the sauce is too thick, add a little more water until desired consistency is reached.
6. Pour the butternut squash cheese sauce over the pasta and stir to combine. Serve immediately.

# Nutrition Facts

6 servings per container

**Serving Size** 1 cup (129 g)

Amount per serving

**Calories** 230

% Daily Value \*

**Total Fat 7g** 8%

Saturated Fat 3g 16%

*Trans* Fat 0g

**Cholesterol 15mg** 5%

**Sodium 280mg** 12%

**Total Carbohydrate 35g** 13%

Dietary Fiber 3g 12%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 10g** 21%

Vitamin D 0.33mcg 0%

Calcium 160mg 12%

Iron 2mg 9%

Potassium 200mg 4%

\*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.

