

Cheesy Butternut Squash Mac & Peas



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!

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| YIELD 6 SERVINGS | PREP TIME 45 MIN | TOTAL TIME 45 MIN |
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INGREDIENTS

| | |
|----------|------------------------------|
| 8 oz | Whole Wheat Elbow Pasta, dry |
| 1 cup | Peas, frozen |
| 9 oz bag | Butternut Squash, frozen |
| ¾ cup | Milk, 1% |
| ½ tsp | Onion Powder |
| ½ tsp | Garlic Powder |
| ½ tsp | Kosher Salt |
| 1 ½ cup | Cheddar Cheese, shredded |
| ¼ cup | Parmesan Cheese, grated |

CHEF'S NOTES

Using frozen butternut squash that can be steamed right in its packaging is an easy way to minimize steps in this recipe. If that is not available at your grocery store, the butternut squash can be prepared in a covered microwave safe dish.

You may find that you need to add a little water for the sauce to reach the desired consistency, but it should be fairly 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 pot of water to boil over high heat for the noodles and peas. Once boiling, add the pasta and cook until tender, about 9 minutes. During the last minute of cooking, add the peas. Drain, add back to the pot and set aside.
3. While the pasta is cooking, place the bag of frozen butternut squash in the microwave and prepare according to package instructions.
4. Once heated, add the butternut squash to a blender pitcher. Add the milk, onion powder, garlic powder, and salt. Blend on high until smooth and creamy. Add the cheeses and blend again briefly until melted and combined. If sauce is too thick, add in water until desired consistency is reached.
6. Pour the butternut squash cheese sauce over the pasta and peas and stir to combine. Serve immediately.

Nutrition Facts

6 servings per container

Serving Size 1 cup (169 g)

Amount per serving

Calories 320

% Daily Value *

Total Fat 12g 15%

Saturated Fat 6g 31%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 440mg 19%

Total Carbohydrate 41g 15%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 16g 33%

Vitamin D 0.56mcg 3%

Calcium 310mg 24%

Iron 2mg 12%

Potassium 300mg 7%

*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.

