

# 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!*

<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	Peas, frozen
9 oz bag	Butternut Squash, frozen
¾ cup	Milk, 1%
½ tsp	Onion Powder
½ tsp	Garlic Powder
½ tsp	Kosher Salt
1½ cup (6 oz)	Cheddar Cheese, shredded
¼ cup (½ oz)	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 (167g)

**Amount Per Serving**

**Calories** 320

**% Daily Value\***

**Total Fat** 12g 15%

Saturated Fat 6g 30%

*Trans Fat* 0g

**Cholesterol** 35mg 12%

**Sodium** 430mg 19%

**Total Carbohydrate** 39g 14%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 16g 32%

Vitamin D 0.5mcg 2%

Calcium 310mg 25%

Iron 1.9mg 10%

Potassium 360mg 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



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