

Butternut Squash Mac and Cheese



Ingredients:

- Olive oil spray
- 2 pounds of cubed butternut squash
- 10 ounces pasta (any type of your choice - whole wheat, gluten free, chick pea, etc.)
- 1 ½ cups vegetable or chicken broth
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Freshly ground black pepper (to taste)
- ¼ cup breadcrumbs
- 2 tablespoons of Parmesan cheese
- 1 tablespoon butter
- 1 medium shallot (diced)
- ¼ cup all-purpose flour
- 2 cups milk (your choice of milk)
- 1 cup shredded cheddar cheese

Instructions:

- Preheat the oven to 375 degrees F. Spray a 9" x 11" glass baking dish and set aside.
- Bring 2 pots of water to a boil. Add squash to one of the pots and boil until tender.

- When fork tender, transfer squash to a blender.
- Add pasta to the other boiling pot of water and cook according to package directions. When cooked, drain and put back into the pot.
- Meanwhile, add ½ cup broth, onion powder, garlic powder, ½ teaspoon salt and pepper to the blender with the squash. Blend until smooth and creamy.
- In a small bowl, combine breadcrumbs, Parmesan, ¼ teaspoon salt and pepper. Set aside.
- Melt the butter in a medium saucepan over medium heat. Add the shallots and sauté for 2 minutes. Sprinkle the flour evenly over the shallots and cook for another minute.
- Add the remaining 1 cup broth and milk and whisk to combine. Bring sauce to a boil, then reduce heat to medium-low and cook for 5 minutes, whisking frequently.
- Remove pot from heat and whisk in cheese, pureed squash, 1 teaspoon salt and pepper.
- Add sauce to noodles, gently mix to combine, then transfer mixture to the prepared baking dish.
- Sprinkle with breadcrumb mixture and bake for 25 minutes. Switch oven to high broil and broil for 2-3 minutes, or until crumbs are starting to brown.

Recipe adapted from: https://www.skinnytaste.com/wprm_print/58156

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 331

% Daily Value *

Total Fat 9 g	14 %
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Saturated Fat 4 g	18 %
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Monounsaturated Fat 3 g	
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Polyunsaturated Fat 0 g	
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Trans Fat 0 g	
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Cholesterol 19 mg	6 %
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Sodium 373 mg	16 %
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Potassium 399 mg	11 %
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Total Carbohydrate 47g	16 %
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Dietary Fiber 8 g	32 %
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Sugars 8 g	
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Protein 18 g	35 %
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Vitamin A	63 %
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Vitamin C	3 %
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Calcium	210 %
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Iron	13 %
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