

Butternut Squash Mac 'N Cheese

6 servings

Whole grain foods are a good source of fiber, iron, B vitamins, and protein.

- 1 small butternut squash OR ½ large butternut squash, scrubbed with a clean vegetable brush under running water
- 1 ½ Tablespoons olive oil, divided
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 2 cups uncooked whole wheat pasta (macaroni or rotini)
- ¼ cup white onion, chopped
- ½ teaspoon salt (optional)
- ½ teaspoon dried mustard (optional)
- ½ teaspoon paprika (optional)
- ¾ cup low-fat milk
- 1 cup Cheddar cheese, shredded
- ½ cup Mozzarella cheese, shredded



1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Cut squash in half and remove skin and seeds.
4. Cut flesh into small cubes and place on sheet pan sprayed with non-stick cooking spray.
5. Brush squash with 1 Tablespoon of olive oil and sprinkle evenly with pepper and garlic powder. Roast in the oven for about 25 minutes or until soft.
6. While the squash is roasting, cook pasta according to package directions. Drain and set aside.
7. In a small skillet, heat ½ Tablespoon of olive oil on medium heat. Add onion and sauté until soft.
8. Place squash, onion, milk, and optional spices (dried mustard, paprika and salt) into a blender and puree until smooth.
9. Pour puree over noodles and mix evenly.
10. Stir in shredded cheese. Add milk to adjust consistency if desired.
11. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/6 of recipe) Calories 277, Total Fat 12 g, Saturated Fat 6 g (26% DV), Cholesterol 26 mg (9% DV), Sodium 393 mg (17% DV), Total Carbohydrate 33 g (25% DV), Dietary Fiber 4 g (18% DV), Sugars 6 g, Protein 12 g, Vitamin D 3%, Potassium 14%, Calcium 32%, Iron 10%.