

Butternut Squash Mac 'N Cheese

6 servings

Grain food are a good source of fiber, iron, B vitamins, and protein.

- 2 cups uncooked whole wheat pasta (macaroni or rotini)
- 1 small butternut squash *OR* ½ large butternut squash
- 1 1/2 Tablespoon olive oil, divided
- 1/4 cup white onion, chopped
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon dried mustard (optional)
- 1/2 teaspoon paprika (optional)
- 3/4 cup low-fat milk
- 1 cup cheddar cheese, shredded
- 1/2 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 olive oil and sprinkle evenly with pepper and garlic powder. Roast 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 1/2 Tablespoon olive oil on medium heat. Add onion and sauté until soft.
8. Place squash, onion, salt, dried mustard, paprika, and milk into a blender and puree until smooth.
9. Pour puree over noodles and mix evenly.
10. Stir in shredded cheese. Add water to adjust consistency if desired.

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%.