

Butternut Squash Mac & Cheese

Ingredients:

2 cups uncooked macaroni
1 tablespoon butter flavored olive oil
1 small yellow onion
1 small butternut squash
4 cups low sodium vegetable broth
1 cup evaporated skim milk
4 oz shredded cheese – Gruyere
4 oz shredded low sodium cheddar or colby
Parsley for topping

Directions:

Cook the pasta. Drain. set aside. Heat the olive oil in a large skillet over medium low heat. Cut the onion into thin rings and add to the butter in the pan, sauteing over low heat until fragrant and golden, about 20 minutes

Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving ½ cup broth, and transfer squash to the blender. Add the onions, milk, salt, and reserved broth and puree until completely smooth and creamy. This should yield about 4 cups sauce.

Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed.

To roast butternut squash preheat oven to 375 degrees. Wash squash and cut in half. Remove seeds, Spray cut sides with cooking spray and place face down on cookie sheet or roasting pan. Bake until soft and skin begins to brown and sag. Set aside to cool. Once cooled scrape flesh using a spoon until shells of squash remain.

