

Butternut Mac & Cheese

INGREDIENTS

4 cups butternut squash (peeled, seeds removed, cut into 1-inch cubes)
1 cup 2% milk
1 tbsp unsalted butter
1 cup low-sodium chicken stock
1 lb whole wheat elbow macaroni
1/4 tsp nutmeg
1/4 cup sharp cheddar cheese
Salt
Freshly grated black pepper

INSTRUCTIONS

Fill a pot with salted water and bring to a boil to cook your pasta.

In a medium saucepan, add the butternut squash, chicken stock, and milk and place over medium-high heat. Season with salt and freshly ground black pepper. Bring to a simmer. Reduce heat to low, cover and cook until fork tender, about 8-10 minutes.

Add squash mixture into a blender, or use an immersion blender, and purée until smooth.

Place a large sauté pan over medium heat and melt butter. Add the squash purée and nutmeg. Bring to a simmer and cook until thickened, about 5 minutes. Add the cheese, stir to combine, and set aside. *If batch cooking the sauce, let cool, and pour into freezer bags for another day!

Add the macaroni to the boiling water and cook until al dente. Add the pasta to the pan with the purée and mix well.

Recipe adapted from Daphne Oz