

BUTTERNUT SQUASH MAC & CHEESE

Instructions

1. Preheat oven to 350°.
2. Peel the squash, take seeds out and cube.
Place it in a saucepan and add water.
Bring to a boil, cook for 10 minutes until tender.
3. Cook pasta al dente and set aside.
4. Put yogurt, salt, pepper and nutmeg in blender.
5. After squash is tender, drain and add to the blender. Process until pureed.
6. Place ingredients into saucepan and heat.
Add cheese and stir continuously so it does not burn. Heat until all cheeses have melted. Add pasta, mix thoroughly.
7. Place mac and cheese into a greased baking dish
8. Bake for 15 minutes.



INGREDIENTS

- 8 ounces of whole wheat elbow macaroni
- 1 butternut squash
- ¼ C. Greek yogurt
- 1 C. milk
- 1 tsp. salt
- ½ tsp white pepper
- Dash of nutmeg
- ½ C. American cheese
- ½ C. cheddar cheese
- ½ C. Mozzarella cheese
- ½ C. Parmesan Cheese