



## **Butternut Squash Mac and Cheese (Makes One Casserole)**

### **Ingredients:**

1 lb. pasta, whole wheat (shells, elbows or rotini)  
2 lb. butternut squash, peeled, seeded  
1 medium onion, diced  
1 stick butter  
1/4 c. flour  
1 tsp. salt  
1/2 tsp. black pepper  
3 c. milk  
24 oz. cheddar, shredded

### **Directions:**

Cook the macaroni in salted water until just tender. Drain.

Cut the squash in half through the stem end. Scrape out the seeds. Roast cut side down for 45-60 minutes until tender. Let cool slightly. Scrape out flesh and puree in food processor or mash with a fork. Set aside.

In a large saucepan, melt butter over medium heat and add onions. Cook 5 minutes until softened.

Sprinkle the onions with flour, salt and pepper and cook for another minute.

Whisk in the milk, cooking until slightly thickened. Taste for seasonings.

Stir in the pureed squash. When that is incorporated, stir in the cheese until melted and smooth. Stir in the macaroni. Taste and adjust seasonings.

Bake the casserole for 30 minutes, covered. Uncover and bake for another 10-15 minutes or until edges are golden brown and temperature reaches 165 degrees.