



Creamy Mac N Cheese

featuring Butternut Squash

- 1 Butternut squash, peeled, seeded, cut into ½ inch cubes
- 1 cup Vegetable broth, low sodium
- 1½ cups Skim milk
- 1/8 tsp. Ground nutmeg
- 1/8 tsp. Cayenne pepper
- 1 pkg. Elbow macaroni, whole wheat
- 1 cup Cheddar cheese, shredded
- 4 tbsp. Parmesan cheese, grated
- 2 tbsp. Panko bread crumbs
- 1 tsp. Olive oil
- Olive oil cooking spray

Preheat oven to 375 degrees F. Bring large pot of water to boil. Combine squash, stock and milk in medium saucepan; bring to boil. Reduce heat to medium; simmer until squash is tender when pierced with fork, about 10 min.

Remove from heat.

Add noodles to boiling water; cook according to package instructions. Mash contents of saucepan; stir in nutmeg, cayenne, and season with black pepper. Stir to combine.

Drain pasta, and transfer to large bowl; stir in squash mixture, cheddar, and 2 tbsp. parmesan.

Coat a 9x9 inch casserole with cooking spray and pour in noodle mixture.

In small bowl, combine breadcrumbs, remaining parmesan, and oil; sprinkle evenly over noodles.

Cover with foil, and bake for 20 min. Remove foil, and continue baking until lightly browned and crisp on top, 20 to 40 min. more.