

Butternut Squash Mac and Cheese

Ingredients

- 2 cups butternut squash, 1" cubes
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 cup milk
- ½ lb pasta, shells or elbow
- 1 cup sharp cheddar cheese, shredded
- ¼ tsp paprika or cayenne
- ¼ tsp black pepper



Nutrition Tip:
Up your veggie intake with some roasted broccoli dressed in lemon juice!

Directions

1. Place your squash into a pot with a steamer and cook until the cubes are very tender.
2. While the squash is steaming, melt the butter in a deep pan over low heat. When it is fully melted use a fork to whisk in your flour and let it cook just until it bubbles. Then add your milk, whisk until incorporated, and let that reduce slowly until it coats the back of a spoon. (Warning: milk likes to scald to the bottom, so stir and scrape the bottom occasionally.)
3. The squash and the milk should be ready around the same time. When the squash is cooked, remove it from the steamer and place it into the pan with milk. Then fill the empty pot with water, cover it with a lid, and set it to boil for your pasta. While that's heating mash/blend the squash into the milk mixture with your fork, a potato masher, or food processor. Continue to cook the sauce on low heat (don't forget to stir/scrape occasionally).
4. Boil the pasta. A couple minutes before the pasta is ready, take the sauce off of the heat and stir in your cheese. (The sauce should not be bubbling or too hot--very warm at most.) Keep stirring until the sauce is smooth, then season with salt, black pepper, and paprika or cayenne pepper.
5. Drain the pasta when it is ready, then fold it into your cheese sauce. Enjoy!

Recipe adapted from
www.aheadofthyme.com/butternut-squash-mac-and-cheese