

Butternut Macaroni and Cheese

Ingredients:

1 small butternut squash

1/8 tsp. pepper

1 tbsp. **unsalted** butter

1 cup sharp cheddar cheese

1 tbsp. flour

½ lb. pasta

pinch of parsley

1/8 tsp. salt

2 cups skim milk

pinch of red pepper

Cut squash in half, lengthwise. Roast squash halves on baking sheet at 400°F for 1 hour. Scrape the squash from its shell. Mash the squash and set aside. Cook pasta according to package instructions and set aside. Melt butter in a large sauce pot. When melted, add flour and begin whisking. Whisk for 2 min. then slowly add the milk. Continue until mixture comes to a simmer. Whisk for about 5 more min. as it thickens. Once thickened, whisk in 1 cup of the mashed squash. Remove the pot from the heat and stir in the cheese. When the sauce is smooth add in the salt, pepper, and cooked pasta. Top with parsley and red pepper flakes (optional).

Nutritional Information: Total Fat: 10g Fiber: 1g
Calories: 202 Carbs: 18g Protein: 11g
Sodium: 145mg Cholesterol: 42mg

