

BUTTERNUT SQUASH MAC & CHEESE

Makes 8 servings

Ingredients

- 1 lb elbow macaroni
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- ½ medium onion
- 2 tablespoons chopped fresh thyme leaves, plus a few sprigs for garnish
- 3 tablespoons all-purpose flour
- 2 cups low sodium chicken stock
- 1 (10 ounce) box frozen cooked butter nut squash, defrosted
- 1 cup 1% milk
- 2 cups shredded sharp cheddar cheese
- ½ cup grated parmesan cheese
- ¼ teaspoon ground nutmeg
- Black pepper

Directions

1. Heat a pot of salted water to boil pasta. Cook to al dente (about 8-10 minutes).
2. While the pasta cooks, heat a medium heavy bottomed pot over medium heat.
3. Add the olive oil and butter. When the butter melts into the oil, add the thyme and grate the onion directly into the pot with a hand held grater.
4. Cook the grated onion in butter and oil 1 to 2 minutes.
5. Mix in flour and cook together 1 to 2 more minutes.
6. Whisk in stock, then mix in the butternut squash until warmed through and smooth.
7. Mix in milk and bring sauce to a bubble.
8. Stir in cheeses and add salt, nutmeg and pepper.
9. Combine pasta with the sauce and serve.



Nutrition Facts	
8 servings per container	
Serving size	1
Amount Per Serving	
Calories	440
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 45mg	15%
Sodium 420mg	18%
Total Carbohydrate 51g	19%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 2.16mg	10%
Potassium 5687mg	120%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Adapted from Food Network
<https://www.foodnetwork.com/recipes/rachael-ray/butternut-squash-mac-and-cheese-recipe-1916479>