



Butternutty Mac & Cheese

Ingredients

- **1.5 lbs Butternut Squash, cut into large chunks**
- **½ lb Elbow Macaroni**
- **2 ½ ounces Sharp Cheddar Cheese, grated**
- **2 ½ ounces American Cheese, grated**
- **1 ½ TBSP Butter**
- **1 ½ TBSP Flour**
- **1 cup Milk or non-dairy milk**
- **Salt and pepper, to taste**

Optional:

- Substitute Pepper Jack or Colby Cheese
- Substitute nut milk for milk
- Substitute Rice Macaroni and gluten-free flour to make gluten-free
- Roast squash instead of boil

Instructions

To make butternut puree:

1. Place squash into 2 quart pot & fill with water until just covered.
2. Bring to boil and cook until fork tender 15 minutes. Drain.
3. Puree in food processor or blender. (or roast squash and scoop out softened squash)

To make mac & cheese:

1. Preheat oven to 325°F.
2. Melt butter in 2 quart pot. Stir in flour and cook 1 minute, stirring occasionally.
3. Take pot off of heat and stir in milk. Place back on heat, allowing milk to warm. Stir occasionally. Add grated cheese and mix until melted. Stir in salt and pepper. Stir in squash puree, adding ½ cup at a time. Allow sauce to thicken on low heat while pasta is prepared.
4. Bring 4 quarts of water salted to boil in 8 quart pot. Add in macaroni and cook for 8 minutes. There should be a bit of chew to the pasta. Drain.
5. Add cheese sauce to the pasta and pour into 9 x 13-inch pan. Cover pan with foil and bake 25 minutes.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 2g	

Protein 8g

Vitamin A 60% • Vitamin C 4%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 8 – ½ cup servings

Source: Seneca County Cornell Cooperative Extension; 308 Main Street Shop Centre, Waterloo, NY 13165. (315) 539-9251. www.senecacountyce.org. Recipe created by or adapted from Chef Monique Hooker.

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