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and fresh, nutritious foods!

F2S Butternutty Mac & Cheese

Servings: 8 – ½ cup servings



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

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 ingredients:

- 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

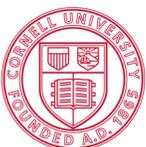
Directions to make butternut puree:

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)

Directions 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.
4. 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.
5. 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.
6. Add cheese sauce to the pasta and pour into 9 x 13-inch pan. Cover pan with foil and bake 25 minutes.



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