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# F2S Butternutty Mac & Cheese

*This recipe contains more fiber and Vitamin A than traditional Mac & Cheese recipes.*

## **Ingredients:**

- 1.5 lbs. butternut squash, cut into large chunks
- ½ lb. elbow macaroni
- 3 ounces sharp cheddar cheese, grated
- 3 ounces American cheese, grated
- 2 TBSP butter
- 2 TBSP flour
- 1.5 cups milk or non-dairy milk
- Salt and pepper, to taste

## **Directions to make butternut puree:**

1. Place squash into 2 quart pot and 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.

## **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. 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.