

Butternut Squash Mac and Cheese

Adapted from Cooking Light
Makes 8 servings

Ingredients

- 1 teaspoon oil
- 2 cloves garlic
- 1 medium butternut squash (about 2 pounds)
- 1 ¼ cups vegetable or chicken broth
- 1 ½ cups milk
- 3 tablespoons plain yogurt
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 cups shredded cheddar cheese
- ¼ cup shredded parmesan cheese
- 1 pound whole wheat rotini pasta
- ¼ cup bread crumbs (optional)

Instructions

Heat oven to 375°F. Use oil to grease a 9x13 baking dish.

Mince garlic and set aside. Slice the ends off butternut squash, peel, and cut in half lengthwise. Scoop out seeds and cut squash into 1/2-inch pieces. Set half aside for this recipe and store the remaining half for another use (such as soup or roasted veggies).

Place garlic, squash pieces, broth, and milk in a medium pot. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.

Carefully transfer the hot squash mixture to a blender. Add yogurt, salt, and pepper. Remove the center piece of blender lid (to allow steam to escape) and secure lid on blender. Place a clean towel over the opening in blender lid and blend mixture until smooth. Transfer blended mixture back to the pot and stir in cheddar and parmesan cheeses. Set aside.

In a separate large pot, cook rotini pasta according to package directions, omitting salt and reducing cook time by 1 minute. Remove from heat and drain well.



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Combine the cooked pasta and squash sauce in the large pot and stir well to coat pasta. Spread mixture evenly into the greased baking dish and top with bread crumbs (if using). Bake in oven for 25-30 minutes until bubbly and browned on top. Let cool at least 10 minutes before serving.

Note:

- To make the recipe gluten free, use gluten-free noodles, such as brown rice or legume-based options.
- To make the recipe dairy free, use dairy-free alternatives in place of the milk, yogurt, cheddar cheese, and parmesan cheese, such as cashew, almond, or soy-based options.