



## Butternut Squash Mac n Cheese

A healthy fall mac and cheese alternative

Serving Size: 1 cup

Number of Servings: 7

Ingredients:	Quantity
Butternut Squash, Diced	2 cups, raw
Cauliflower, cut into small florets	2 cup, raw
Pumpkin, puree	1 cup
Yellow onion, diced	1 large onion
Garlic, minced	4 cloves
Vegetable stock	2 cup
Dijon Mustard	3 Tbsp
Nutritional yeast	1/3 cup
Smoked paprika	2 Tbsp
Spinach	2 cups, raw
Cherry Tomato, halved	1 cup, raw
Salt and pepper	To taste
Pasta, macaroni	1 Box

## Method of Preparation

1. Heat a large pot sweat onions with 3 tbsp of water for 5 min. Add water as needed. Add garlic and sweat for another 3 min.
2. Add butternut squash and cauliflower to pot. Add enough vegetable stock to just cover the veggies. (Varies depending on pot used) Bring to a boil. Reduce to a simmer, cover for 8-10 minutes. When fork tender, remove from heat to cool.
3. In a blender add pumpkin puree, Dijon mustard, nutritional yeast, smoked paprika, salt and pepper. When vegetables cool slightly add all of the pot's contents to blender as well. Blend to a creamy consistency. Add stock if too thick. Taste and adjust seasonings as desired.
4. Prepare pasta to box instructions.
5. Drain pasta and add back to pot. Fold in sauce until pasta is coated as desired. Store any remaining sauce for up to 3 days.
6. Fold in raw tomatoes and spinach while hot.

### Nutritional Analysis of Sauce: Per serving

Calories:	<b>86</b>	Fiber:	5.3 g
Total Fat:	<b>.93 g</b>	Cholesterol:	<b>0 mg</b>
Saturated Fat:	<b>0.2 g</b>	Vitamin B12:	2.7 mcg
Mono Fat:	0.2 g	Vitamin B6:	1.2 mcg
Protein:	<b>4.1 g</b>	Sodium:	270 mg
Carbohydrates	18.4 g	Folate:	363 mcg DFE