

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Butternut Mac and Cheese
Makes 6 (1 1/3 cup) servings**

Ingredients:

2 teaspoons canola oil
¼ cup minced onion
2 cloves garlic, minced (about 2 teaspoons)
2 tablespoons flour
1 ½ cup 1% or fat-free milk
1 ½ cup low-sodium, fat-free chicken broth
1 pound fresh butternut squash, peeled and diced (about 3 cups) **or** 1 (16 oz) frozen
diced butternut squash, thawed
½ teaspoon salt
¼ teaspoon nutmeg
Pinch cayenne pepper
1 (13.25 ounce) box whole grain pasta, such as rotini, elbow, penne
4 ounce shredded 2% sharp cheddar cheese (1 cup)
2 ounce grated parmesan cheese (1/4 cup)

Directions:

1. Heat oil in a large stock pot. Add onions and garlic and saute until soft, about 2 minutes. Add flour. Whisk in milk and chicken stock, stir until well combined. Add salt, nutmeg, and cayenne pepper. Add butternut squash and simmer for 20 minutes until squash is tender.
2. Meanwhile, cook pasta according to package directions
3. Remove the butternut squash mixture from heat. Puree using a food processor, blender, or potato masher until smooth. Stir in the cheeses until well combined.
4. Mix the butternut squash sauce with hot cooked pasta and serve immediately.
Yum!

Recipe Notes:

1. To make peeling the butternut squash easier, microwave the whole squash for 2-3 minutes. Run under cold water to cool. Peel.
2. Try using different cheeses such as gruyere, Swiss, or pepper jack instead of the cheddar.

Nutritional Information per 1 1/3 cup serving:

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|-------------------|--------------------|
| Calories: 360 | Carbohydrates: 60g |
| Total Fat: 6g | Cholesterol: 9mg |
| Saturated Fat: 2g | Dietary Fiber: 7g |
| Protein: 19g | Sodium: 459mg |