



Dept. of Health Education
Tufts University

BUTTERNUT SQUASH MAC & CHEESE

1 hour

10-12 servings

Ingredients:

- 1 pound (3 cups) butternut squash cubed and peeled
- 1 ¼ cup low-sodium chicken broth
- 1 ½ cup skim milk
- 2 garlic cloves, chopped
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons plain Greek yogurt
- 1 ¼ cup shredded Cheddar or Swiss cheese
- 1 cup grated parmesan cheese
- 1 pound uncooked whole wheat macaroni
- ½ cup breadcrumbs or panko
- 2 tablespoons chopped Italian parsley

Directions:

- Preheat oven to 375 degrees.
- Put squash, chicken broth, milk, and garlic in medium saucepan. Bring to boil, then decrease heat and simmer until squash is very tender, about 25 minutes.
- Meanwhile, bring water to a boil in a large saucepan and cook pasta until al dente.
- Take squash mixture off stove. Add yogurt, salt, and pepper.
- Puree mixtures in blender, food processor, or use immersion blender until smooth.
- Put pureed mixture in bowl and add cheese, then pasta.
- Pour into 13 x 9 baking pan and cook in oven for 25 minutes, or until bubbly.
- Sprinkle with parsley and serve.



Did you know? Butternut squash is a fruit, and a winter squash, that grows on the vine. The most common variety originated in Waltham, MA and is called the Waltham Butternut.

Benefits: Butternut squash is a great source of fiber, vitamin C, potassium, and vitamin A. This recipe is a comfort food favorite, remade to be just as delicious, but with more healthful ingredients.

Picture from: marthastewart.com