

Butternut or Pumpkin Mac & Cheese

Makes 8 servings | Grains • Dairy

Ingredients

- 16 ounces dry macaroni, shells, or other small pasta
- 2 Tablespoons margarine, butter, or oil
- 2 Tablespoons all-purpose flour
- 1 cup puréed butternut squash (10 ounces frozen butternut squash heated and pureed) or 1 cup canned puréed pumpkin
- 1 cup low-sodium broth
- 1 Tablespoon minced garlic (1 teaspoon garlic powder)
- Black pepper to taste
- 1 cup low-fat milk
- 1½ cups low-fat shredded cheese

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta according to package instructions. Drain and set aside.
3. If butternut squash is not cooked and puréed, cook it until tender, then purée in a blender or mash with a fork until smooth. If using canned pumpkin, go to the next step.
4. In a large skillet, electric skillet, or saucepan, melt margarine or butter, or add oil on medium high heat.
5. Once heated, add flour. Stir until combined and flour begins to brown, about 2 minutes.
6. Add butternut squash or pumpkin, broth, garlic, and black pepper. Stir until combined and heated through.
7. Lower heat to medium. Add milk. Heat, whisking constantly, until combined and warm.
8. Reduce heat to low. Add cheese and stir until cheese is melted.
9. Add cooked pasta to the sauce and stir until pasta is completely coated and heated through.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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