



Butternut Squash Mac & Cheese

Yield: serves 4

Ingredients:

1 butternut squash

1 box lentil pasta

Topping:

¼ cup whole wheat breadcrumbs

2 tbsp dried rosemary

1 tablespoon unsalted butter

Sauce:

1 tablespoon unsalted butter

¼ cup all-purpose flour

2 cups skim milk

½ cup shredded Gruyere cheese

½ cup shredded cheddar cheese

Ground salt and black pepper, to taste.

Method:

- 1) Preheat oven to 325 degrees F.
- 2) Bring a pot of water to boil and add lentil pasta and cook according to package directions. Pasta should be al dente when removed from the water and then set aside.
- 3) Cut your butternut squash in half, put on a baking sheet, and roast in the oven until softened.
- 4) Once the butternut squash is ready, remove from oven and let rest for 3 minutes, scoop out and place inside a blender to then puree until smooth for the sauce.
- 5) In a bowl, stir together bread crumbs, dried rosemary, salt, pepper and melted butter to prepare for mac and cheese topping.
- 5) Heat a saucepan on the stove and warm milk and butter together. While stirring add-in flour, Tabasco hot sauce, cayenne pepper, nutmeg, salt, and pepper to taste.
- 6) Once ingredients for alfredo sauce are combined, add in your butternut squash puree and stir. The ratio should be 50/50 between squash and alfredo sauce.
- 7) Whisk in your cheese blend until the mixture tastes to your liking.
- 8) Toss cooked lentil pasta into the sauce; it should be extra saucy as the pasta will continue to soak up the sauce as it's baked in the oven.
- 9) Place pasta with sauce into an oven-safe baking dish and layer the bread crumb mixture on top.
- 10) Bake until mac and cheese is bubbly and brown and then remove once it is to your liking.
- 11) Rest for 5 minutes before serving, and then enjoy!



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