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.
6) 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.
7) 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.
8) Whisk in your cheese blend until the mixture tastes to your liking.
9) 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.
10) Place pasta with sauce into an oven-safe baking dish and layer the bread crumb mixture on top.
11) Bake until mac and cheese is bubbly and brown and then remove once it is to your liking.
12) Rest for 5 minutes before serving, and then enjoy!