

Butternut Squash Macaroni & Cheese

Makes 6 servings

1 package (13.25 oz) whole wheat elbow macaroni (or penne)
2 Tbsp vegetable oil
3 Tbsp flour
2 cups skim milk
1 package (10-12 oz) frozen cooked butternut squash, thawed
2 cups (8 oz) low fat sharp-cheddar cheese
1/4 cup grated Parmesan cheese
1/2 tsp nutmeg
1/8 tsp pepper

Cook pasta according to package directions, omitting salt. Meanwhile, in a heavy saucepan, heat oil over medium heat. Add the flour, and whisk constantly until mixture looks like a thick paste (but not browned), about 1-2 minutes. Whisk in milk, heating for 3 to 4 minutes until slightly thickened. Add the butternut squash, heating until the sauce begins to bubble. Stir in the thyme, cheddar and Parmesan cheeses, nutmeg and pepper. Stir well until cheese is melted.

Drain cooked pasta well and combine with cheesy sauce. Serve immediately.

Nutrition information per serving: 420 calories, 10g fat (3g saturated fat), 25g protein, 340mg sodium, 6g dietary fiber. Excellent source of: vitamin A, vitamin C and iron.

