



Cheesy Broccoli Macaroni

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 ½ cups butternut squash, cubed, boiled, and pureed
- 1 cup 1% milk
- 1 Tablespoon extra virgin olive oil
- 3 Tablespoons nonfat plain Greek yogurt
- 1 cup low-fat cheddar cheese, shredded
- ½ cup low-fat jack cheese, shredded
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 pound whole wheat macaroni, cooked
- 2 cups broccoli florets, cooked
- ¼ cup parmesan, shredded

DIRECTIONS

1. Preheat oven to 400°F.
2. Put butternut squash puree in a large saucepan over medium-high heat. Add the milk, olive oil, and yogurt. Continue to stir until incorporated.
3. When the puree begins to simmer, slowly start adding the cheddar and jack cheeses, mixing the entire time. When the cheese has melted and the sauce begins to thicken, add the salt and pepper.
4. Start to add the cooked macaroni, a little at a time, until it's all cooked.
5. Carefully mix in the broccoli.
6. Transfer mixture to an oven-safe dish, sprinkle the parmesan cheese on top and bake for 20 minutes.

Recipe developed by the San Antonio Food Bank

Nutrition Facts

8 servings per container

Serving size 1 cup

Amount per serving

Calories 240

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 410mg 18%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 257mg 20%

Iron 1mg 6%

Potassium 290mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food constitutes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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