



Butternut Squash Mac and Cheese with Parmesan Breadcrumbs

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 butternut squash
- 1 Tablespoon olive oil
- 5 cups macaroni
- ½ stick of butter
- ½ cup of flour
- 2 cups milk
- 1 cup cheddar cheese, grated
- ¼ cup parmesan cheese, grated
- ¼ cup breadcrumbs
- Handful of chives

DIRECTIONS

1. Preheat oven to 425°F.
2. Slice the butternut squash into 1-inch squares. Place on a baking sheet, drizzle with olive oil and roast for 20 minutes, stirring halfway through. Reduce oven heat to 350°F once the squash is finished cooking.
3. Bring a pot of water with a pinch of salt to a boil. Boil the macaroni for 2 minutes less than package instructions. Drain and place in an oven safe dish.
4. On the stove, melt butter in a pan on medium heat. Add the flour and allow to cook for 30 seconds before whisking well. Remove from the heat and add the milk slowly, whisking continuously until you have a thick sauce. Cook on the stove for another 2 minutes without stirring. Add the cheddar cheese to the pan and mix well. Remove from heat and let cool for 1-2 minutes.
5. Pour sauce into a blender or food processor and add butternut squash. Puree until blended well.
6. Pour the cheese sauce over the macaroni and mix well.
7. In a small bowl, combine the parmesan cheese and breadcrumbs. Mix to combine.
8. Sprinkle the crumb mixture over the top of the macaroni and place in the oven.
9. Cook the macaroni in the oven for 20 minutes.
10. Remove from the oven. Garnish with chives before serving.

Nutrition Facts	
6 servings per container	
Serving size 1 cup (326g)	
Amount per serving	
Calories	640
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 10g	60%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 250mg	11%
Total Carbohydrate 96g	35%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 315mg	25%
Iron 3mg	15%
Potassium 672mg	15%

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

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