



HARVEST OF THE MONTH

Ingredient: Winter Squash

Butternut Squash Mac & Cheese

PREP TIME: 15 mins
COOK TIME: 45 mins
TOTAL TIME: 1 hour
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INGREDIENTS

1 small/medium butternut squash (2 cups cooked)
4 tsp olive oil
2 cups milk
1 tsp garlic powder
1 tsp onion powder
2 tsp paprika
½ tsp ground mustard
1 tsp salt, plus more to taste
½ tsp black pepper
10 oz shredded sharp cheddar cheese
1 lb. of short cut pasta
parsley to taste (optional)

INSTRUCTIONS

1. Preheat the oven to 400 degrees
2. **To cook squash whole:** Slice in half. Remove the seeds from the inner cavity of the squash and then drizzle with olive oil. Place cut side down on a parchment lined baking sheet and bake at 400 degrees for 30-45 minutes. Once cooled, peel or scoop out the flesh.
3. **To cube:** Peel squash with a peeler, halve, and remove seeds. Chop into inch cubes. Toss in oil and bake on parchment lined baking sheets as above.
4. Transfer cooked squash to a high-powered blender. Add half of the milk to the blender and blend for 30 seconds to 1 minute, adding milk as needed, until you have a smooth puree.
5. Transfer the pureed squash mixture to a large pot over medium-low heat. Add the garlic powder, onion powder, paprika, ground mustard, salt, pepper, and remainder of milk and stir until well combined.
6. Add the cooked pasta and shredded cheese to the butternut squash sauce. Fold the pasta and cheese until well combined.
7. Top with chopped parsley and extra shredded cheese and serve warm.