



## Roasted Butternut Squash Mac-N-Cheese

Makes 8 servings.

### *Ingredients*

- 4 cups butternut squash, peeled and cubed
- 1 TBSP Olive Oil
- 1 tsp pepper
- Dash of salt
- 1 tsp garlic powder
- 1 box Whole Wheat, Veggie or plain pasta
- ½ cup shredded sharp cheddar cheese
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup grated parmesan
- 1 cup skim milk



### *Directions*

1. Preheat oven to 350 degrees
2. Toss butternut squash with olive oil, pepper, salt, and garlic powder.
3. Roast squash in heated oven 30-40 minutes until it is "fork-tender".
4. Cook pasta according to package directions.
5. Mash roasted squash.
6. Drain pasta and put it in a large mixing bowl.
7. To the cooked, drained pasta, add cheeses, milk, and mashed butternut squash. Mix thoroughly together and spoon into a baking dish.
8. Bake 20 minutes until warm and cheese is melted.

### *Nutritional Information per Serving*

Cal, 326.9; Tot. Fat, 9.4 g; Sat Fat, 3.8 g; Cholesterol, 18.8 mg; Sodium, 476.4 mg; Potassium 368.3 mg; Tot. Carb, 54.3 g; Fiber 9.1 g; Sugars 1.7 g; Protein, 14.5 g