

## Butternut Squash Macaroni and Cheese

*A healthier version of macaroni and cheese, with an extra heaping of vegetables. Creamy and delicious.*

Yield: 8 Servings

Adopted from Cooking Light and The Secret Ingredient Is



### Ingredients

- 3 cups butternut squash (about half of a large squash), peeled and cubed
- 1 1/4 cups lower-sodium chicken broth
- 1 1/2 cups fat-free or low-fat milk
- 2 garlic cloves, peeled
- 2 tablespoons plain Greek yogurt
- Salt and pepper, to taste
- 1 cup (4 ounces) Cheddar cheese, shredded
- 1 cup (4 ounces) fresh Parmigiano-Reggiano cheese, grated
- 1 pound elbow noodles
- 1/2 cup panko breadcrumbs
- Fresh parsley or green onion, chopped

### Instructions

Preheat oven to 375 degrees. Prepare a 13 x 9-inch baking dish with cooking spray and set aside.

- In a medium saucepan, combine cubed butternut squash, chicken broth, milk and garlic cloves and bring to a boil.
- Reduce heat and allow butternut squash to simmer on low for about 20-25 minutes, or until squash is tender.
- In the meantime, cook pasta according to box instructions.
- Once the squash is tender, pour it into a blender with greek yogurt, and a little salt and pepper. Blend until smooth, pour the mixture into a large bowl.
- Stir in the cheeses until melted, and then add the noodles to the bowl as well. Stir until coated.
- Pour everything into the 13 x 9-inch baking dish and spread evenly. Sprinkle breadcrumbs over top and cook in the oven for about 20-25 minutes, or until bubbly and breadcrumbs are golden browned.
- Remove from the oven and top with parsley or green onion.

This can be refrigerated for 3-4 days, and leftovers can be frozen.