



Whet Your Appetite to Bike by Ramon Zavala

Butternut Squash Mac and Cheese

Ingredients

Serves 10-12

For Mac

- 1 lb pasta, elbow macaroni
- 1 yellow onion, diced
- 20 ounces pureed butternut squash (winter squash)
- 2 cups 1% milk
- 4 oz, extra-sharp cheddar cheese, freshly grated
- 2 oz low-fat Monterey Jack cheese, freshly grated
- 1/2 cup skim ricotta cheese
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1 teaspoon granulated garlic

For Crust

- 4 tablespoon panko bread crumbs
- 2 tablespoon Parmesan cheese, freshly grated
- 1 teaspoon olive oil



Directions

- 1) Preheat your oven to 375 degrees.
- 2) Prepare a 9 x 13 baking pan by spraying it with nonstick cooking spray.
- 3) Cook the macaroni according the package directions. Drain and toss with a few drops of olive oil to prevent sticking.
- 4) In a large saucepan, over low heat, combine the squash and milk. Turn the heat up to medium and cook just until the milk begins to simmer, stirring occasionally. Turn off the heat and add the cheeses, salt, mustard, and granulated garlic.
- 5) Add the macaroni to the cheese mixture and stir well to combine.
- 6) Pour the macaroni and cheese into the prepared baking pan.
- 7) In a small bowl, combine the crust ingredients and mix well. Pour this mixture over the macaroni and cheese spreading it evenly over the dish.
- 8) Bake for about 20 minutes or until the edges are bubbling. Turn the broiler on and broil the dish for 2- 3 minutes or until golden brown.