

Reckless In The Kitchen

Butternut Squash Mac & Cheese

Slightly adapted from Cooking Light Magazine

Ingredients

- 2 lb butternut Squash, peeled and cut into cubes
- 1 1/4 c chicken broth
- 1 1/2 c fat-free milk
- 2 cloves of garlic
- 2 tbsp plain non-fat greek yogurt
- 1 tsp salt
- 1/2 tsp pepper
- 5 oz (1 1/4 c) smoked Gouda cheese, grated
- 1 c Pecorino Romano cheese, grated
- 1/4 c Parmigiano-Reggiano cheese, grated
- 1 lb pasta, uncooked (I suggest cavatappi, rotini, or small shells)
- 1/2 c breadcrumbs
- cooking spray

Directions:

Preheat your oven to 375 degrees. In a large saucepan combine the squash, chicken broth, milk, and garlic and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer for 25 minutes (the squash should be sort of soft and easily stabbed with a fork).

When the squash is cooking, in a separate pot, bring enough water to boil to cook the pasta. Once the water is boiling cook the pasta according to the instructions on the packaging.

When the squash is done cooking remove from heat and pour into a blender or food processor with the salt, pepper, and Greek yogurt. If you are not able to run your equipment without allowing steam to escape (and not getting hot squash everywhere), allow the mixture to cool slightly.

Blend the squash until smooth. Pour into a mixing bowl and add the grated cheese. Stir to combine.

Drain the pasta from the water, when done cooking and combine the drained pasta into the mixing bowl.

Spray a 9x13 baking pan or a jelly roll pan with cooking spray. Spread the macaroni mixture onto the pan and top with breadcrumbs. Bake for 25 minutes or until it bubbles slightly.