

# Butternut Squash Mac & Cheese

**Servings:** 10 servings, 1 ½ cup each

**Calories:** 298 kcal

## Ingredients:

- 1 lb. dry whole-wheat noodles
- 1 tsp olive oil
- 1 medium onion, chopped
- 2 medium red bell peppers, chopped
- 3 cups cubed butternut squash
- 1 ¾ cups low-sodium chicken broth
- 1 cup of low-fat milk
- 2 Tbsp low fat plain Greek yogurt
- 1 cup of shredded Swiss cheese
- 1 cup of shredded cheddar cheese
- Sea salt and ground black pepper to taste (optional)
- Nonstick cooking spray
- Finely chopped fresh parsley

<b>Nutrition Facts</b>	
Butternut Squash Mac and Cheese	
<b>Amount Per Serving (1 serving)</b>	
<b>Calories</b> 298	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>31%</b>
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 166mg	<b>7%</b>
<b>Carbohydrates</b> 43g	<b>14%</b>
Fiber 5g	<b>21%</b>
Sugar 4g	<b>4%</b>
<b>Protein</b> 15g	<b>30%</b>
* Percent Daily Values are based on a 2000 calorie diet.	

## Instructions:

1. Preheat oven to 375° F.
2. Cook noodles according to package directions. Drain and set aside.
3. Heat oil in large skillet over medium-high heat.
4. Add onion and bell peppers and cook until onions are translucent. Set aside.
5. Combine squash, broth, and milk in medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium and gently boil for 22 to 25 minutes, or until squash is tender.
6. Place squash mixture in a blender or food processor, add cheeses and yogurt; cover with lid and kitchen towel. Blend or pulse until smooth.
7. Combine squash mixture, noodles, and onion mixture. Season with salt and pepper if desired.
8. Place noodle mixture in 13x9-inch baking dish that after coating with cooking spray. Bake for 25 to 30 minutes or until sauce is bubbling.
9. Garnish with parsley if needed.