

Harvest Mac & Cheese

- 2 cups raw butternut squash
- 1 cup low sodium chicken broth
- ½ cup skim milk
- ¾ cup whole wheat macaroni
- 2 T shredded parmesan cheese
- 4 oz. shredded cheddar cheese
- 2 oz. Panko bread Crumbs
 - Directions
 - Cook pasta in boiling water until al dente, drain.
 - Dice squash in medium sized cubes. Combine squash, stock and milk in a separate medium saucepan. Bring to boil. Reduce heat, simmer until squash is tender. Mash the mixture. Add the nutmeg, cayenne, and black pepper. Mix well.
 - Add the pasta to the squash mixture and then add the cheddar cheese and ½ the parmesan. Mix well.
 - In a small bowl combine the breadcrumbs and the remaining parmesan.
 - Coat a casserole with cooking spray and add the squash mixture. Sprinkle bread crumb mixture over the top. Cover with foil and bake 20 minutes, uncover and bake another 20 minutes and serve.
 - (Recipe can also be divided into individual servings by baking the Mac & cheese in small ramekins)

Calories per portion: 133

Sodium per portion: 168

Fat per portion: 4 grams

Cost per portion: .39