



Inland Oasis

West Side Food Pantry

Butternut Squash Mac & Cheese

Adapted from Feel Good Foodie by the University of Idaho Nutrition and Dietetics Students

Ingredients:

- 16 oz elbow macaroni
- 15 oz canned butternut squash puree
- 2 tbsp butter
- 1 onion or 1 tbsp onion powder
- 1 tbsp minced garlic or 1 tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- ½ tsp mustard powder
- 2 cups vegetable broth
- 1 cup milk
- 2 cups shredded cheese
- ⅛ tsp cayenne pepper (optional)

Directions:

1. Cook pasta according to package instructions. Drain and return to pot.
2. Add squash, butter, onion, garlic, salt, pepper, and mustard powder. Heat on medium until bubbly.
3. Add milk, broth, and shredded cheese. Cook until the cheese melts.
4. Remove from heat and let stand - will become thicker as it cools.