



Butternut Squash Macaroni and Cheese



By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving Serving Size = 2 muffin cups per person
<p>½ c. chopped broccoli ½ c. raw elbow pasta (or substitute 1 c. leftover cooked pasta) ¾ c. butternut squash puree 1/3 c. fat-free milk ¼ c. reduced-fat cheddar cheese 1 t. sweet paprika ½ t. salt cooking spray</p>	<p>Exchanges 2 starch ½ vegetable 1 protein ½ fat Calories 165 Calories from Fat 25 Total Fat 2 g Saturated Fat 1 g Cholesterol 5 mg Sodium 337 mg Carbohydrate 14 g Fiber 1 g Sugar 1 g Protein 7 g</p>
Instructions	Notes
<p>1. Preheat the oven to 350 F 2. Put the broccoli in a medium strainer. Set aside. Cook the pasta in a pot of boiling water until just tender. Drain the pasta into the strainer holding the broccoli. Set aside. 3. While the pasta is cooking, make the sauce: In a medium bowl, stir the squash puree, milk, cheese, paprika and salt together. Add the pasta and broccoli mixture to the sauce mixture and stir gently to combine. 4. Spray 4 wells of a muffin tin with cooking spray. Divide the pasta mixture evenly among the 4 wells. Bake for 10 min. until the macaroni and cheese is heated through.</p>	<p>Prep and cook time: 25 min.</p> <p><i>VEGETARIAN (MEAT FREE) recipes are prepared without any meat, poultry, or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products including foods with animal fats, milk or eggs.</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p>