

# Mac n' "Squeese"

## Ingredients:

- 1½ cups whole-wheat macaroni
- 2 tbsp butter or margarine
- 2 cups peeled and cubed butternut squash\*
- ½ cup milk
- ½ cup cheddar cheese blend (or cheese of your choice)
- 1 small, minced clove of garlic
- 1 tablespoon lemon juice

## Optional seasonings (to taste):

*Salt, pepper, chili powder*

## Directions:

1. Cook macaroni according to package directions, then drain. Return to pot. Add the butter and stir to coat pasta.
2. At the same time, in another pot, bring the squash to a boil for 15 minutes or until very tender. Drain then return to pot.
3. Add milk and garlic to squash and mash with fork or potato masher until smooth and combined.
4. Add the squash mixture to the pasta when both are ready.
5. Add your cheese and stir until everything is coated and combined.



*\*Cooking tip: First cut off both ends of the squash, then cut it in half at the neck. Take the bottom half and cut it in half length-wise and scoop out the seeds. Use a knife to remove the skin of the squash, alternatively, use a sharp peeler.*

## Alternatives:

- Make this recipe gluten-free by using a rice pasta or alternative of your choice!
- Make this recipe into a meal by adding a protein of your choice and some chopped vegetables!