

Creamy Macaroni and Cheese

Winter squash brings great flavor to this healthier version of homemade mac and cheese!

Makes: 8 servings
Prep/Cook Time: Approximately 90 minutes

Source: Modified from a Cooking Matters recipe

Ingredients

- Non-stick cooking spray
- 12 ounces whole wheat macaroni
- (1 1/2 pounds) butternut or acorn squash
- 1/2 cup water
- 6 ounces reduced-fat sharp cheddar cheese
- (16-ounce) container nonfat cottage cheese
- 1 cup nonfat milk
- 1/4 teaspoon pepper
- 1/4 cup dry whole wheat breadcrumbs

Directions

1. Preheat oven to 375F.
2. Coat 9-inch square baking dish with non-stick cooking spray. Set aside.
3. Bring a large pot of water to a boil. Cook macaroni for 2 minutes less than package directions. Drain and set aside. Reserve pot for later.
4. While pasta cooks, cut squash in half and scoop out seeds. Cut into large chunks. Place in microwave-safe bowl with water. Cover with plastic wrap. Microwave on high until tender, about 10 minutes. Let cool.
5. While squash cooks and cools, grate cheddar cheese.
6. Place cooled squash in pot used to cook pasta. Mash with a fork. Add cottage cheese and milk. Stir until smooth. Add pasta, cheddar cheese, salt, and pepper. Stir until combined. Spread evenly in prepared baking dish. Sprinkle with bread crumbs.
7. Bake until breadcrumbs are browned and edges are bubbling, about 45 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	180
Total Fat:	6 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	85 mg
Total Carbohydrates:	26 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	N/A
Protein	8 g

Utensils Needed

- 9-inch square baking dish
- Box grater
- Colander
- Cutting board
- Fork
- Large pot
- Measuring cups
- Measuring spoons
- Microwave safe bowl
- Mixing spoon
- Sharp knife

SHOPPING LIST

Average total cost without oil and seasonings: \$9.99

Average cost/serving: \$2.49

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Reduced 2% Fat Shredded Cheddar
Cheese, 8 oz bag



Add 1 to Cart
Frozen Butternut Squash, 10 oz bag



Add 1 to Cart
Nonstick cooking spray, 6 oz



Add 1 to Cart
1% Milk, 0.5 gallon



Add 1 to Cart
Nonfat cottage cheese,, 16 oz (1 lb)



Add 1 to Cart
Bread Crumbs, 13 oz



Add 1 to Cart
Whole wheat pasta (16 oz avg)

SAVE TIME, SAVE MONEY

Cooking Tips

- To reduce cooking time, or when winter squash is not in season, use 2 (12-ounce) boxes of thawed frozen pureed squash in place of the fresh squash. If you have a blender, use it to puree the squash, cottage cheese, and milk in step 6. This will give the sauce a smoother texture.
- If you do not have a microwave, bake squash in the oven. Cut squash in half. Place cut side down in a baking dish with cup water. Bake at 375F until tender, about 1 hour. Transfer to a clean cutting board to cool.

My Cooking Notes