



BUTTERNUT SQUASH MAC AND CHEESE

PREP TIME: 5 minutes

SERVING SIZE: 1 cup

COOK TIME: 35 minutes

SERVES: 4

INGREDIENTS

- 1 cup peeled and cubed butternut squash (or $\frac{3}{4}$ cups canned squash puree)
- $\frac{1}{3}$ cup skim milk
- $\frac{3}{4}$ cups low fat cheddar cheese, grate
- $\frac{1}{2}$ -teaspoon onion powder
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ -teaspoon ground cumin
- $\frac{1}{4}$ teaspoon dried parsley
- 8 ounces dry whole grain pasta (any variety)
- Salt and pepper to taste

PREPARATION

1. Bring a large pot of water to a boil. Add squash and cook for 10 minutes or until soft when poked with a fork. Transfer squash only to blender.
2. Add milk, cheese, onion powder, garlic powder, cumin, parsley and puree until smooth.
3. Meanwhile, bring the water back to a boil and cook the pasta according to package directions. Drain and return to pot. Stir in the cheese sauce, season to taste with salt and pepper and serve!

SOURCE

Yummytoddlerfood.com

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes



Nutrition Facts

servings per container	
Serving size	(137g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 2mg	10%
Potassium 171mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/20
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MACARRONES CON QUESO DE CALABAZA

TIEMPO DE PREPARACIÓN: 5 minutos

TIEMPO PARA COCINAR: 35 minutos

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 4

INGREDIENTES

- 1 taza de calabaza butternut pelada y en cubos (o ¾ tazas de puré de calabaza enlatado)
- 1/3 taza de leche descremada/sin grasa
- ¾ tazas de queso cheddar bajo en grasa rallado
- ½ cucharadita de cebolla en polvo
- ½ cucharadita de ajo en polvo
- ½ cucharadita de comino molido
- ¼ de cucharadita de perejil seco
- 8 onzas de pasta integral, seca (cualquier variedad)
- Sal y pimienta al gusto

PREPARACIÓN

1. Ponga a hervir agua en una olla grande . Agregue la calabaza y cocine 10 minutos o hasta que se ablanden. Transferir la calabaza a una licuadora.
2. Agregue leche, queso, cebolla y ajo en polvo, comino, y perejil y hacer puré hasta que quede suave.
3. Mientras tanto, vuelva a hervir el agua y cocina la pasta según las direcciones. Escurrir y devolver a la olla. Agregue la salsa de queso, sazón al gusto con sal y pimienta y servir!

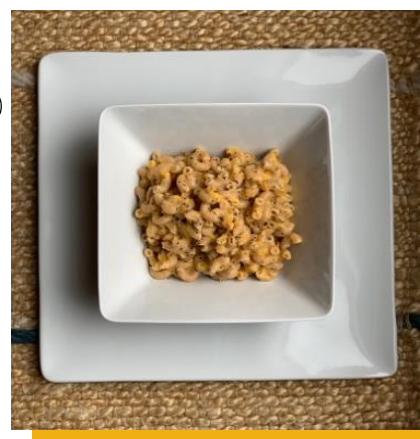
FUENTE

Yummytoddlerfood.com

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