

# BETTER MAC AND CHEESE



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Who doesn't love comfort food like good old Mac 'n Cheese? This recipe has a surprise ingredient!

## DIRECTIONS

1. Boil noodles according to directions. Drain and reserve 2 cups pasta water.
2. In pot over medium heat, cook butter spread with flour for 1-2 minutes.
3. Whisk in 1 cup pasta water.
4. Add squash and cook/mash until smooth. (Note: Add more pasta water as needed for a smooth cheese-like consistency.)
5. Add cheese and stir until melted.
6. Fold in cooked noodles until combined and season with salt.

## INGREDIENTS

8 ounces whole-grain macaroni noodles, uncooked  
1 tablespoon trans fat-free butter spread  
1 tablespoon whole-wheat flour  
10 ounce bag (2 cups) cubed frozen butternut squash, thawed  
2 ounces (½ cup packed) reduced-fat cheddar cheese  
Sea salt, to taste

**NUTRITIONAL INFORMATION | Serving size: 1 cup | Serves 4**  
Calories: 300; Total Fat: 6g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 10mg;  
Sodium: 290mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 2g; Protein: 13g.