









Butternut Squash Mac n' Cheese with Crispy Herbed Panko

This recipe takes Mac n' cheese to a whole new level with the addition of butternut squash. The squash adds a sweetness to the dish along with a hit of fibre and beta carotene, and the best part is that nobody (kids included) will suspect it's there!

 Course	Main Course
 Cuisine	American
 Keyword	Macaroni
 Prep Time	20 minutes
 Cook Time	30 minutes
 Total Time	50 minutes
 Servings	6
 Author	Fraiche Nutrition



★★★★★
4.91 from 10 votes

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Ingredients

Macaroni:

- 2 cups uncooked macaroni use whole grain to increase the fibre
- 2 cups 1/2" cubed butternut squash fresh or frozen
- 1 cup milk or unsweetened almond milk
- 1/4 cup butter or vegan butter
- 1/4 cup flour
- 1 1/2 cups cubed aged cheddar cheese
- salt and pepper to taste

Panko Topping:

- 3/4 cup panko breadcrumbs
- 1/4 tsp. garlic powder
- 1/4 tsp. dry oregano
- 1/4 tsp. sea salt
- 2 tbsp. melted butter vegan butter or olive oil

Instructions

1. Preheat the oven to 375F and lightly oil a 8x8" baking dish.
2. Cook the butternut squash until soft and drain. Set aside.
3. Cook the pasta in a medium pot of boiling salted water until al dente – drain, return the pasta to the pot and set aside.
4. Meanwhile, combine the squash, milk, butter and flour in the blender (I used a Vitamix Ascent 3500) and, starting at Variable 1, gradually turn it up to Variable 10 and blend for 3 minutes (it should be steaming when ready). Add the cheese and blend on Variable 10 for another 1 minute. Season to taste with salt and pepper. Pour the sauce over the macaroni, stir to combine, and transfer the macaroni into the prepared baking dish.
5. Combine the Panko Topping ingredients together in a medium bowl, stir to combine, and sprinkle over the macaroni.
6. Bake for 20-25 min until tops golden brown and serve immediately.