

Cheesy Broccoli & Mac & Cheese

Ingredients:

- 1 Package Whole Wheat Macaroni
- 1 1/2 cups Butternut Squash (Cut Into Small Cubes, Boiled & Pureed)
- 1 cup Low-Fat Milk
- 1 tbsp. Olive Oil
- 3 tbsp. Non-Fat Greek Yogurt
- 1 cup Cheddar (Shredded)
- 1/2 cup Pepper Jack Cheese (Shredded)
- 1/4 tsp. Black Pepper
- 2 cups Broccoli Florets (Cooked)
- 1/4 cup Parmesan (Shredded)



Method:

1. Cook the pasta according to the instructions on the packet, when the pasta is almost cooked, add the broccoli florets and cook for 5 minutes, don't cook any longer or the broccoli will become mushy.
2. Preheat the oven to 400 degrees F
3. Put butternut squash puree in a large pan over a medium-high heat. Add the milk, olive oil, and yogurt and continue to stir until incorporated.
4. When the puree begins to simmer, slowly start adding the cheeses, mixing the entire time. When all of the cheese has melted and the sauce begins to thicken, stir in the salt and pepper
5. Start to add the cooked macaroni a small amount at a time until all of the pasta is used.
6. Once all of the pasta is covered with the cheese sauce carefully mix in the cooked broccoli.

Storage:

Refrigerate up to 3 days.



How To Use:

- Use as Side or Meal



Health Benefits:

Eye, and Cell Health; Arterial, Lung & Liver Function; Lowers the risk of some Cancers; Promotes Strong Bones and Teeth

Nutrition Facts	
Serving Size 1 Cup	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 54
% Daily Values*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 211mg	9%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	26%

*Percent Daily Values are based on a 2,000 calorie diet.