

Butternut Squash Mac and Cheese II

*Our Best Recipes
Meredith Corporation*

Servings: 6

*12 ounces dried rigatoni
1 1/2 pounds (3-1/2 cups)
butternut squash, peeled, seeded and
cut into chunks
2 3/4 cups milk
1/4 cup all-purpose flour
8 ounces (2 cups) smoked Gruyere
cheese, shredded
8 slices bacon
2 small sweet onions, cut into chunks
3 ounces sourdough bread
2 tablespoons butter, melted
fresh Italian parsley (for garnish)*

Preparation Time: 15 minutes

Cook Time: 40 minutes

Preheat the oven to 425 degrees.

Lightly butter a three-quart gratin or baking dish.

Cook the pasta according to package directions. Drain. Transfer to a large bowl.

In a large saucepan, combine the squash and 2-1/2 cups of milk over medium-high heat. Bring to a boil. Reduce the heat to medium. Simmer for 18 to 20 minutes or until the squash is tender when pierced with a fork. Stir together the remaining 1/4 cup of milk and the flour. Stir into the squash mixture. Bring to a boil. Cook for 2 to 3 minutes or until thickened. Stir in 1-1/2 cups of the Gruyere cheese until melted. Keep warm.

In an extra-large skillet, cook the bacon until crisp. Drain on paper towels. Crumble. Pour off all but two tablespoons of the bacon drippings. Return the skillet to the heat.

Add the onions to the skillet. Cover and cook over low heat for 10 minutes, stirring occasionally. Uncover and increase the heat to high. Cook for 4 to 6 minutes more, stirring, until the onions are golden.

Add the squash-cheese mixture, onions and bacon to the bowl with the pasta. Toss well to combine. Transfer to the prepared baking dish.

Place the bread in a food processor. Pulse to form large coarse bread crumbs (should have about two cups). Transfer to a small bowl. Mix with the melted butter. Sprinkle the remaining Gruyere and bread crumbs over the mac and cheese.

Bake for 14 to 15 minutes or until the top is browned. Cool for 5 minutes. Sprinkle with parsley.

Per Serving (excluding unknown items): 414 Calories; 13g Fat (25.7% calories from fat); 13g Protein; 70g Carbohydrate; 8g Dietary Fiber; 33mg Cholesterol; 333mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	414	Vitamin B6 (mg):	.8mg
% Calories from Fat:	25.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	62.8%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	11.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	139mcg
Saturated Fat (g):	6g	Niacin (mg):	7mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	33mg	% Daily Value:	0.0%
Carbohydrate (g):	70g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	3 1/2
Protein (g):	13g	Lean Meat:	1/2
Sodium (mg):	333mg	Vegetable:	1/2
Potassium (mg):	1789mg	Fruit:	0
Calcium (mg):	359mg	Non-Fat Milk:	1/2
Iron (mg):	4mg	Fat:	2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	96mg		
Vitamin A (i.u.):	33484IU		
Vitamin A (r.e.):	3398RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	414	Calories from Fat: 107
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% Daily Values*

Total Fat	13g	19%
Saturated Fat	6g	32%
Cholesterol	33mg	11%
Sodium	333mg	14%
Total Carbohydrates	70g	23%
Dietary Fiber	8g	34%
Protein	13g	

Vitamin A	670%
Vitamin C	159%
Calcium	36%

Iron	21%
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** Percent Daily Values are based on a 2000 calorie diet.*