

Butternut Squash Mac and Cheese

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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 flat-leaf Italian parsley

Preparation Time: 1 hour 10 minutes

Preheat the oven to 425 degrees.

Lightly butter a three-quart au gratin or baking dish. Set aside.

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

Meanwhile, in a large saucepan, combine the squash and 2-1/2 cups of the milk over medium-high heat. Bring to boiling. Reduce the heat to medium and simmer until the squash is tender when pierced with a fork, 18 to 20 minutes.

Stir together the remaining 1/4 cup of milk and the flour. Stir into the squash mixture. Bring to boiling. Cook until thickened, 2 to 3 minutes. Stir in 1-1/2 cups of the Gruyere until melted; keep warm.

Meanwhile, in a very large skillet, cook the bacon until crisp. Drain on paper towels. Crumble and set aside. 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, the onions and bacon to the bowl with the pasta. Toss well to combine then transfer to the prepared baking dish.

Place the bread in a food processor. Pulse with two or three on/off turns to form large coarse crumbs (you should have about two cups). Transfer to a small bowl. Mix with melted butter. Sprinkle the remaining Gruyere and the bread crumbs over the pasta mixture..

Bake until the top is browned, about 14 to 15 minutes. 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.