

Healthy Mac and Cheese

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Servings: 4

2 cups elbow macaroni
1 tablespoon butter
1/3 cup yellow onion, chopped
4 cups fresh or frozen cubed butternut squash
5 cups reduced-sodium chicken or vegetable broth
3/4 cup 2% low-fat milk
1/2 teaspoon salt
2/3 cup Gruyere cheese, shredded
fresh parsley (for garnish), chopped
black pepper

Cook the macaroni according to package directions. Drain and set aside.

In a large skillet over medium-low heat, heat the butter. Add the onion and cook, stirring, over low heat until fragrant and golden, about 20 minutes.

Place the butternut squash and broth in a saucepan. Bring to a boil. Reduce the heat to medium and simmer until tender, 5 to 7 minutes. Drain, reserving 1/2-cup of broth.

Transfer the squash to a blender. Add the onions, milk, salt and the reserved broth to the blender. Puree until smooth and creamy. (This should yield about four cups of sauce.)

Pour the sauce over the noodles and add the cheese. Stir until the cheese is melted. Add water or milk to adjust the consistency as needed.

Sprinkle with the parsley and black pepper.

Your favorite cheese can be substituted for the Gruyere cheese.

Per Serving (excluding unknown items): 233 Calories; 10g Fat (38.9% calories from fat); 11g Protein; 25g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 381mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	233	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	38.9%
% Calories from Carbohydrates:	42.7%
% Calories from Protein:	18.4%
Total Fat (g):	10g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	25g
Dietary Fiber (g):	1g
Protein (g):	11g
Sodium (mg):	381mg
Potassium (mg):	154mg
Calcium (mg):	247mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	420IU
Vitamin A (r.e.):	118 1/2RE

Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	12mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 233 Calories from Fat: 90

% Daily Values*

Total Fat	10g	15%
Saturated Fat	6g	29%
Cholesterol	31mg	10%
Sodium	381mg	16%
Total Carbohydrates	25g	8%
Dietary Fiber	1g	4%
Protein	11g	
Vitamin A		8%
Vitamin C		2%
Calcium		25%
Iron		7%

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