



Butternut Squash Macaroni and Cheese with Sage

Butternut squash is a type of winter squash that is grown on a vine. It has a sweet, nutty flavour and a deep orange flesh. Roasting brings out the best flavour! It is a good source of fibre, vitamins, and minerals. Added to a classic mac and cheese - you can't go wrong!

Ingredients

- **3 cups** butternut squash, peeled and diced in ½" cubes
- **8 oz.** dried tube pasta noodles
- **3 tbsp.** butter
- **1 clove** finely grated garlic
- **3 tbsp.** all-purpose flour
- **1 ½ cups** whole milk
- **6-8 oz.** grated cheese (fontina, cheddar, asiago) or a combination
- **10** sage leaves

Directions

1. Roast squash cubes in a 400 degree oven with a bit of olive oil and salt and pepper (or boil for a few minutes until tender, but not soft)
2. Boil salted water for pasta.

3. In a medium saucepan, melt butter and sauté garlic and sage for a minute until fragrant. If desired, let butter brown a bit.
4. Add flour and whisk to cook flour.
5. Add milk and whisk until smooth. Lower heat to simmer and cook for about 10 minutes or until floury taste is gone. If sauce is too thick, add more milk, a little at a time until desired consistency is reached.
6. Cook pasta and drain.
7. (If sauce appears lumpy, strain through a sieve into a bowl or clean pot.)
8. Remove from heat and add cheese.
9. Taste and adjust seasoning.
10. Mix pasta with sauce and squash.
11. If you wish to serve as a casserole, make a mixture of Panko crumbs, melted butter and Parmesan cheese and sprinkle over top. Bake in 350 degree oven until crisp and bubbly.