

# FIND IT DIFFICULT TO GET ENOUGH VEGETABLES

## BUTTERNUT SQUASH MAC & CHEESE



1 pound butternut squash  
1/8 medium onion  
1/2 Tbsp olive oil  
8 oz macaroni pasta, dry  
2 Tbsp olive oil  
1 Tbsp flour (all-purpose or whole wheat)  
1/2 C skim milk  
3/4 C cheddar cheese, shredded  
1/4 C Panko bread crumbs

Recipe from:  
[Superhealthykids.com](http://Superhealthykids.com)

### DIRECTIONS:

Wash hands with soap and water. Chop onion. Prepare 1 1/2 cups squash puree. Saute oil in 1/2 Tbsp oil. Cook pasta according to directions. In saucpan heat oil, and mix in flour, preventing lumps. Add milk slowly while continually stirring. Add 1/2 cheese. Continue to stir until cheese is melted. Mix sqaush puree into cheese sauce. Mix with macaroni. Place in oven safe dish and top with remaining cheese and bread crumbs. Bake 10 minutes.

Makes 4 1-cup servings.



BENEFITS OF EATING VEGETABLES