

# the Chef's

healthy  
choice

## Butternut Squash Mac & Cheese with Crunchy Broccoli

### Ingredients (Serves 6):

- \* 1 1/2 Tbsp Brown Sugar
  - \* 1/2 each Butternut Squash
  - \* 12 oz WW Macaroni
  - \* 1 1/4 cup Green Peas
  - \* 3 oz Skim Ricotta
  - \* 1/2 cup Monterey Jack
  - \* 1/2 cup Cheddar
  - \* 1 1/2 cup Skim Milk
  - \* 1 1/2 lbs Fresh Broccoli
  - \* 2 tsp Virgin Olive Oil
  - \* 1 1/2 Tbsp Parmesan
  - \* 1 1/2 Tbsp Bread Crumbs
- Mustard, Cayenne



### Directions:

Preheat oven to 375 F. Cook macaroni. Roast squash until soft, puree with brown sugar and cook with milk over medium heat until almost simmering. Remove from heat. Stir in ricotta, jack, cheddar, salt, mustard and cayenne. Mix with pasta, peas and transfer to baking dish. Combine crumbs, parmesan and oil. Sprinkle over pasta. Bake until crisp (20 min). Steam broccoli until tender but crunchy in the center. Serve mac & cheese with broccoli.

### Nutrition facts per 8 oz serving:

454 kcal, 11g fat, 73g carbohydrates, 8g fiber, 23g protein, 557mg sodium