

## Mac and “Squese”

No, that’s not a typo. In this recipe, we replaced the typical cheese ruc with this deep orange colour & sweet flavour of squash to make it look like a traditional mac & cheese. (Could also use sweet potatoes instead of squash).

Preparation Time: 10 min.

Cooking Time: 50-60 min.

Servings: 4 meal sized servings

Amount	Ingredient	Cost – date:
1 1/2 cups	Whole Wheat Macaroni	
2 Tbsp	Butter or margarine	
2 cups	Butternut Squash, cubed and peeled	
1/2 cup	Milk	
1	Garlic clove, small, minced (optional)	
1/2 cup	Swiss Cheese, shredded	
2 Tbsp	Parmesan Cheese, freshly grated	
<i>BREADCRUMB TOPPING</i>	OPTIONAL: If you want to bake the mac & squeeze – this makes a great crunchy topping for it!	
1 piece	Stale bread	
2 Tbsp	Butter or margarine	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

1. In a pot of boiling salted water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.
2. Meanwhile, in another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic and using hand mixer or potato masher blend until smooth.
- 3 Add pasta to squash mixture.
- 4 Add Swiss and Parmesan cheeses and stir to coat.
- 5 OPTIONAL – If you want to bake it – grease a baking dish and add the Breadcrumb topping & toast it up in the oven at 375 for 10 – 15 min until slightly browned.

SOURCE: modified from <https://www.cookspiration.com/>

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**