



# One-Pot Butternut Squash Mac & Cheese

*Recipe from USDairy.com*

## Ingredients:

- 1 tablespoon butter
- 1 pound butternut squash, peeled, seeded and cut into cubes\*
- 1 cup cheddar cheese, shredded
- 2 cups chicken broth, or water
- 1 pound elbow macaroni
- 1 teaspoon kosher salt
- 2 cups milk, whole or reduced-fat
- 1/8 teaspoon ground nutmeg
- 1 medium yellow onion, diced
- 1 teaspoon ground black pepper

## Directions:

Heat the butter in a large, shallow pan on the stovetop over medium high heat. Add the onion and cook until translucent, about 5 minutes. Add the butternut squash and water or broth. Bring mixture to a boil then reduced heat, cover and simmer until squash is soft (about 15 minutes). Use an immersion blender or transfer mixture to a regular blender and puree until smooth. If using a regular blender, return mixture to pan. Add the noodles and bring to a boil. Once boiling, reduce the heat to a low simmer and add the milk. Continue cooking over low heat, stirring occasionally, until the noodles are almost al dente and most of the liquid is absorbed, about 15 minutes. Remove from heat and stir in the cheese, nutmeg, salt and pepper until fully incorporated.



[DrinkMaineMilk.org](http://DrinkMaineMilk.org)

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