

# RECIPE: Butternut Squash Mac & Cheese

Serves 6

---



## INGREDIENTS

- 2 Tablespoons butter (or olive oil)
- 12 fresh sage leaves (optional)
- 3 large cloves garlic, minced
- 1 pound (about 4 cups) diced butternut squash
- 1 1/2 cups vegetable stock (or chicken)
- 1 pound uncooked pasta (we love shells)
- 2 cups whole milk
- 8 ounces sharp cheddar cheese, shredded
- fine sea salt & black pepper, to taste

Wayside adds spinach for a bigger veggie punch!

## DIRECTIONS

1. Bring a large pot of generously-salted water to a boil.
2. Meanwhile, heat the butter in a separate large saute pan until melted. Add the sage leaves (if using) and saute for 1-2 minutes until crispy. Transfer the sage to a separate plate and set aside.
3. Add the garlic and saute for 1 minute, stirring occasionally. Then add in the butternut squash and vegetable stock and stir to combine. Continue cooking until the stock reaches a simmer. Reduce heat to medium-low, cover and cook for 10 minutes, stirring occasionally, until the squash is tender and mashes easily with a fork.



# Butternut Squash Mac & Cheese

---

## DIRECTIONS CONT.

4. Transfer the squash to a blender. Add in the milk and give the mixture a quick stir. Then carefully (I recommend slightly opening the cap on the blender lid, so that excess steam can escape) pulse the mixture until smooth.
5. Add the pasta to the boiling water and cook according to package instructions until al dente. Reserve 1 cup of the starchy pasta water for later. Then drain the pasta.
6. While the pasta is cooking, return the butternut squash mixture back to the saute pan over medium-high heat. Add in the shredded cheddar cheese, and stir until it has melted into the sauce.
7. Taste and season the sauce with salt and pepper as needed.
8. Once the pasta is drained, return to the stockpot. Pour the butternut cheese sauce on top of the pasta and toss to combine. If the sauce seems too thick, add in some of the starchy pasta water to thin it out.
9. Serve warm, garnished with the crispy sage leaves if desired.

## NOTES

The recipe is written for raw butternut squash, but if you have pre-cooked squash or canned on hand, you can use to save yourself some time! It's about 2 cups of mashed squash or 1 (15-ounce) can. Just stir it into the garlicky butter, skip the step where you cook it for 10 minutes, and transfer the squash mixture straight to the blender and continue on with the recipe as written.

