

## Butternut Squash Mac and Cheese

**Yield: 4 servings**

### Ingredients

- 2 cups peeled and diced butternut squash
- 8 ounces uncooked whole-wheat pasta
- ¼ cup unsweetened soy milk
- ¼ cup nutritional yeast
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 tablespoon minced parsley (optional)

### Instructions

1. Place butternut squash in a steamer basket in a saucepan, cover and steam for 15 minutes, until the squash is very soft.
2. Meanwhile, cook pasta according to package directions. Drain in a colander.
3. In a blender, puree: squash, soy milk, nutritional yeast, oil, lemon juice, onion powder, garlic powder and salt.
4. Place the cooked noodles and sauce back into the pot the noodles were cooked in. Stir and garnish with parsley.

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### Nutrition Information **Serving Size: 1 cup**

Calories: 323 | Total Fat: 8.8 g | Saturated Fat: 1.2 g | Monounsaturated Fat: 5 g | Polyunsaturated Fat: 1.5 g  
Sodium: 311 mg | Total Carbohydrate: 55 g | Dietary Fiber: 9.4 g | Sugars: 3.6 g | Protein: 11 g

Source: Adapted from Simple Vegan Blog