

### *Macaroni and Cheese with Butternut Squash*

#### **Ingredients**

*Yield 6 - 8 portions*

1 lb	Whole wheat pasta, elbows
1 lb	Butternut squash, peeled and diced 1"
1 tsp	Olive oil
½ lb	Spanish onion, minced
1 cup	Chicken broth
1 ½ cups	Milk, 2%
½ cup	Ricotta, part skim
6 oz	Cheddar Cheese, grated
1 tsp	nutmeg
½ tsp	salt
½ tsp	white pepper
1 tsp	olive oil
1 tbl	Chopped parsley
3 tbl	Panko breadcrumbs

#### **Method**

- Cook pasta until done, strain and cool, reserve 1 cup of pasta water
- In large sauté pan add olive oil and cook onions until fragrant, add squash continue to cook over medium flame until sweating
- Add stock and milk, bring to a simmer and continue to cook until squash is tender. Puree with immersion blender. Season with salt, pepper and nutmeg
- In large bowl combine cooked pasta, pasta water, sauce, grated cheese and ricotta cheese, mix well. Place into casserole dish
- Moisten panko breadcrumbs with olive oil and mix with chopped parsley, sprinkle breadcrumb mixture on top of pasta
- Bake at 350° for 20-25 minutes until hot and bubbly

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