



Butternut Squash & Macaroni Casserole



Ingredients



- 2 Tbsp. Olive Oil
- 1 large Yellow Onion, sliced
- 2 cups Butternut Squash, peeled, seeded, cut into 1 in. pieces
- 2 cups whole milk
- 1 Tbsp. Sage, chopped
- 2 cups Elbow Macaroni
- ½ cup Walnuts or Pecans, chopped, toasted
- 1 cup shredded cheese
- ½ cup Bread Crumbs
- Salt and Pepper to taste



Directions



1. Preheat the oven to 350 degrees. Lightly oil a 9x13 inch casserole dish; set aside.
2. Heat oil in a medium pot over medium heat. Add onions and cook, stirring often, until softened, 5 to 7 minutes
3. Add squash, coconut milk, salt and pepper and bring to a boil.
4. Cover, reduce heat to a medium low and simmer until squash is tender, about 20 minutes. Stir in sage and simmer for 1 minute more.
5. Bring a large pot of salted water to a boil. Add macaroni and cook until tender, but still firm, about 8 minutes. Rinse in cold water, drain well and transfer to large bowl.
6. Transfer squash mixture to bowl with macaroni. Add nuts, cheese. salt and pepper and toss to combine.
7. Transfer to prepared dish and top with bread crumbs. Bake until just golden brown and hot throughout, about 30 minutes.

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Fast Facts



This Recipe Provides



Fiber



Vitamin A



Protein



Vitamin C



Calcium

Cooking Tips



- Make this a vegan meal by substituting milk with coconut milk and leaving out the cheese.
- Add any veggies you have on hand, such as broccoli, peppers, or other squash.

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Nutrition Facts



Nutrition Facts

Serving Size (185g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 175
Calories 377		
		% Daily Value*
Total Fat 19.4g		30%
Saturated Fat 6g		30%
Trans Fat -1g		
Cholesterol 24mg		8%
Potassium 420mg		12%
Sodium 592mg		25%
Total Carbohydrate 38.7g		13%
Dietary Fiber 3.7g		15%
Sugars 5.8g		
Protein 14.2g		28%
Vitamin A 104%	•	Vitamin C 20%
Calcium 25%	•	Iron 13%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g



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