# Vegan Butternut Squash Mac and "Cheese"

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

Butternut squash and nutritional yeast combine to give this vegan macaroni and cheese its cheesy taste!

# **About the Recipe**

485 Calories · 22.4 g Protein · 16.8 g Fiber Dinner Nut-free

Butternut squash is packed with beta-carotene, which can boost immunity and may even lower the risk for certain types of cancer.

## **Ingredients**

#### Makes 6 Servings

- 1 butternut squash (roughly 2lbs before cooked and peeled)
- 3 c (700 mL) low-fat nondairy milk
- 2 tbsp (30 mL) cornstarch
- 4 tbsp (60 mL) nutritional yeast
- 1 tsp (5 mL) ground mustard
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) smoked paprika
- 16 oz (454 g) elbow pasta, uncooked
- 1/2 c (54 g) panko breadcrumbs
- 1/8 tsp (0.6 mL) hot sauce (optional)

## **Directions**

- 1. Cut the butternut squash into large pieces and remove the seeds. Steam the butternut squash until tender. You can also use an electric pressure cooker: Place on trivet and add 1 1/2 c (350 mL) of water. Use the steaming setting for 10 minutes.
- 2. Once the butternut squash is cooked, scoop the flesh out of the skin with a spoon. Reserve 2 c (410 g) for the sauce. Set aside another 1 c (204 g) of the squash and dice it.
- 3. To make the sauce, combine the 2 c (410 g) of just-cooked butternut squash, milk, corn starch, nutritional yeast, ground mustard, garlic powder, and smoked paprika in a blender. Process until smooth.
- 4. Bring a large pot of salted water to a boil and cook pasta according to directions on the package.
- 5. Pour the sauce into a large pot set to low-medium heat. Stir often. As soon as the sauce comes to a simmer, add the cooked pasta and 1 c (204 g) of diced butternut squash. Mix to combine.
- 6. Place the macaroni and "cheese" into a 9-by-13-inch (23-by-33-cm) baking dish and top with panko breadcrumbs. Place under the oven broiler set to low for 5 minutes to brown the top of the dish. Add small drops of hot sauce across the top if desired. Serve hot.Note: It may seem like there's a lot of sauce, but the pasta will absorb the sauce as it cools.

## **Nutrition Facts**

Per serving:

Calories: 485

Fat: 6.6 g

Saturated Fat: 0.98 g

Calories From Fat: 11.4%

Cholesterol: 0 mg

Protein: 22.4 g

Carbohydrate: 93.9 g

Sugar: 6 g

Fiber: 16.8 g

Sodium: 126 mg

Calcium: 268 mg

Iron: 6 mg

Vitamin C: 25.5 mg

Beta-Carotene: 7,679 mcg

Vitamin E: 2.8 mg