

Squash mac 'n cheese

(Recipe adapted from ohsheglows)

4 portions

Ingredients

1 box		Macaroni, whole wheat
1 tablespoon	15 ml	Canola oil
$\frac{3}{4}$ cup	175 ml	Milk
1 tablespoon	15 ml	Cornstarch
1 cup	250 ml	Squash or pumpkin puree*
1 cup	250 ml	Cheese (or $\frac{1}{3}$ cup nutritional yeast)
2 teaspoons	10 ml	Dijon mustard
$\frac{1}{2}$ teaspoon	2.5 ml	Garlic powder and salt
1 teaspoon	5 ml	Lemon

Preparation

1. Cook pasta according to directions on package.
2. In a large pot, mix the milk and cornstarch.
3. On low heat, add the rest of the ingredients and mix for about 5 minutes, until the sauce thickens.
4. Add the cooked macaroni to the pot with the sauce, and serve immediately.

Notes

You can add to this spinach or broccoli.

* Pumpkin squash

Cut the squash in half along the length and remove the seeds. Keep these and bake them in the oven.

Spread oil on the flesh of the squash and place it peel up on a bakin sheet.

Cook at 350F approximately 45 minutes or until a knife can be inserted easily into the squash.

Scrape the flesh off – for a smoother puree blend for a few minutes.