

Butternut Squash Mac & Cheese



Servings:

6 servings

Prep Time:

10 minutes

Cook Time:

1 hour

Ingredients

- 1 Butternut Squash
- 12 oz Small Pasta Shells
- 1 cup Chicken Broth
- 1 tbsp Olive Oil
- ½ cup Onion, chopped
- 3 tsp Garlic Cloves, minced
- ½ tsp Curry Powder
- ¼ tsp Ground Thyme
- ½ cup Grated Parmesan Cheese
- - Salt & Pepper to taste

Method of Preparation

Step 1

Preheat oven to 400°F. Line baking sheet with parchment paper.

Step 2

Cut butternut squash in half, de-seed and place on baking sheet (skin side down). Bake for 40 minutes or until you can easily prick skin with a fork.

Step 3

Meanwhile, bring a large pot of water to a boil. Add pasta and cooking according to package. Drain and set aside.

Step 4

Heat olive oil on medium heat in a large skillet. Add onion and cook for 3-5 minutes.

Step 5

Add garlic and cook for an additional 1-2 minutes or until fragrant. Remove from heat.

Step 6

Scrape butternut squash from skin. Place in a food processor, along with the onion/garlic mix, thyme, curry powder, chicken broth, salt/pepper. Puree until smooth.

Step 7

Add pureed butternut squash to skillet over medium heat. Add pasta and stir until well combined and heated through.

Garnish with parmesan cheese and enjoy!

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