

Recipes for Lisbon Regional School Team: NH Teen Cookoff 2018

## Daphne Oz's **HEALTHY BUTTERNUT SQUASH MACARONI AND CHEESE**

**YIELD: 6 SERVINGS CALORIES: 466 SODIUM: 653 mg** By Daphne Oz

### **Ingredients**

- 4 cups butternut squash (peeled, seeds removed, cut into 1/2-inch cubes)
- 1 cup milk
- 2 tbsp butter
- 1 cup chicken stock
- 1 lb elbow macaroni
- 1/4 cup cheddar cheese
- 1/2 lb. lean ham, diced small
- 1/3 cup breadcrumbs

### **Directions**

1. Fill a large pot with salted water (1/2 tsp.) and bring to a boil. *Turn on broiler.*
2. In a medium saucepan, add the butternut squash, chicken stock, and milk and place over medium-high heat. Bring to a simmer. Reduce heat to low, cover and cook until fork tender, about 8-10 minutes.
3. Add the macaroni to the boiling water and cook until al dente (about one minute less than the package instructions).
4. Add squash mixture into a blender and purée until smooth.
5. Meanwhile, place a large sauté pan over medium heat and melt butter. Add the squash purée. Bring to a simmer and cook until thickened, about 5 minutes. Add the cheese, stir to combine.
6. Add the pasta to the pan with the purée and mix well. Garnish with toasted breadcrumbs.