

Do you have a hard time getting your kids to eat fruits and vegetables? Are you concerned that they are not consuming a nutritionally adequate diet? Fruits and vegetables contain important nutrients like vitamins, minerals, and fiber. These nutrients strengthen our bodies and promote healthy growth. We all know that fruits and vegetables are good for our children, but how do we get our kids to eat them without a fight? Simply prepare the foods that your kids love, sneak some fruits or vegetables into the recipe, and they will never know the difference. The food tastes great, so your kids are happy, and the recipes are packed with nutrients, so you are happy. Check out this recipe for Butternut Squash Mac 'N' Cheese!

Butternut Squash Mac 'N' Cheese

Serving Size: 1 ⅓ cup

Yield: Serves 8

Prep Time: 1 hour

Bake Time: 25 minutes

Ingredients:

- 3 cups peeled and cubed butternut squash
- 1 cup low sodium chicken broth
- 1 ½ cups fat-free milk
- 2 tablespoons plain fat-free Greek yogurt
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¾ cup shredded low-fat cheddar cheese
- ¾ cup grated parmesan cheese
- 16 oz bag of uncooked whole grain rotini pasta
- Cooking spray
- ½ cup whole wheat breadcrumbs



Notes: Save time by purchasing butternut squash that has already been peeled and cubed. If you are doing this yourself, cut squash into one inch cubes.

Directions:

1. Preheat oven to 375°.
2. Combine squash, chicken broth, and milk in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to medium and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat and cool for 5 to 10 minutes.
3. Place squash mixture in a blender and add salt, pepper, and Greek yogurt. Blend until smooth. Pour blended squash mixture into a large mixing bowl. Stir in cheddar and parmesan cheeses until combined.
4. Cook pasta according to package directions and drain well. Add pasta to squash mixture and stir until well combined. Spray a 13 x 9 inch glass baking dish with cooking spray and spread mixture into dish. Sprinkle breadcrumbs evenly over the pasta mixture.
5. Bake at 375° for 25 minutes or until bubbly. Serve immediately.

****Involve the kids! Have them measure out the cheese and sprinkle the breadcrumbs on top!***

Nutrition Facts:

Amount per serving:

Calories: 315, **Fat:** 5.0 g, **Protein:** 16.2 g, **Carbohydrate:** 57.2 g, **Sodium:** 530 mg, **Cholesterol:** 10.5 mg,
Fiber: 8.9 g, **Vitamin A:** 111% DV, **Vitamin C:** 20% DV, **Calcium:** 27% DV

DV=Daily Value, based on a 2,000 calorie diet.

Written by: Mariel Gross, Student Dietitian at Framingham State University

Mariel enjoys cooking and baking, and likes modifying recipes to create healthier alternatives for family favorites. In addition to pursuing her Masters degree in nutrition, Mariel also has a Bachelors degree in psychology, and would like to combine these two fields in her future work.