

Mac and Cheese

This Mac and Cheese will give you a heaping cup of comfort food. Simple, creamy, homemade goodness.



Prep Time: 30 minutes

INGREDIENTS

Yield: 4-6 servings

- 4 cups Butternut Squash - peeled, cubed (small butternut)
- 1 cup raw cashews
- 16 ounces pasta shells

Mac and Cheese Sauce

- 1 cup vegetable stock
- 1 cup milk of choice: unsweetened almond or oat milk heated
- 2 garlic cloves, crushed
- 1/4 cup nutritional yeast
- 1/2 teaspoon turmeric
- 1 teaspoon onion powder
- 1 tablespoon Dijon Mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground pepper

Cook time: 10-15 minutes

PREPARATION

- Place cashews in glass bowl and cover with filtered water, soak overnight. Rinse and drain.
- Bring a large pot of water to a boil, add a pinch of salt. Cook pasta al dente according to package instructions. Drain, drizzle with olive oil to prevent sticking and set aside.
- Peel, scrape out seeds and cut the butternut into cubes.
- Fill another large pot with cold water, cover with a lid and bring water to a boil. Add butternut squash and reduce to medium heat. Simmer for 10 to 12 minutes or until the squash is fork tender. Drain.
- Using food processor or high-speed blender blend cashews until smooth. Add the butternut squash, vegetable stock, almond milk, garlic, onion powder, nutritional yeast, Dijon mustard, turmeric, salt, and pepper.
- Blend on the high-speed setting until creamy and smooth. As needed, thin out with extra water.
- Taste the sauce and adjust seasoning with salt, pepper, or nutritional yeast to boost the cheesy flavor.
- Pour the sauce over the cooked pasta.
- Heat on low heat for few minutes to warm for serving.

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