

BEYOND HUNGER

HIDDEN VEGGIE MAC AND CHEESE

This Hidden Veggie Mac and Cheese recipe is a great way to boost the nutrition of one of America's favorite comfort foods- macaroni and cheese! Cauliflower is an excellent source of nutrients, containing almost every vitamin and mineral that your body needs. Adding vegetables, like cauliflower, to this dish is a great way to boost your daily intake of vegetables, and it's tasty enough for the entire family to enjoy. Don't know how to peel and cut a butternut squash? Scan the QR code! Or purchase pre-cubed packages of butternut squash at your local grocery store.

Yield: 6 servings

Ingredients

- 16 ounces **elbow macaroni**, cooked al dente (about 4 cups)
- 2 cups **water**
- 1 cup **cauliflower**, cut into small florets
- 1 cup **butternut squash**, cut into ½" dice
- 1 cup **carrot**, sliced
- 2 cups **low-fat milk**
- 2 cups **shredded low-fat cheddar cheese**
- 1 tablespoon **olive oil**
- ½ cup **low-fat plain Greek yogurt**

Instructions

1. Add water, cauliflower, squash, and carrots in a pot over medium heat. Cover and cook until vegetables are tender, about 10-15 minutes.
2. Add everything into a blender, including cooking water, and blend until smooth.
3. Add olive oil to the pot and heat over medium heat; then return blended veggies to the pot. When warmed, add the milk, cheese, and Greek yogurt. Stir until smooth.
4. Add cooked macaroni, reduce heat, mix thoroughly, and cover to cook for about 20 minutes. Serve warm; enjoy!

Per Serving: Calories 454, Carbohydrates 68 g, Protein 23 g, Saturated Fat 4 g, Sodium 242 mg, Fiber 4 g, Sugars 9 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen and was adapted from Tasty.com.



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