Butternut Squash Mac and “Cheeze”
Serves 2

Ingredients:
2 cups rotini pasta (brown rice, whole grain, etc)
1 cup butternut squash (chopped into 1” cubes)
1 cup coconut milk
2 cloves garlic
½ lemon (juiced)
2 TBSP nutritional yeast
1-2 TBSP olive oil
Salt, pepper to taste

Directions:
1. Preheat oven to 400 degrees F.
2. Place butternut squash on greased baking sheet. Bake for 20-30 minutes or until soft.
3. While squash is roasting, make pasta according to label instructions.
4. In a food processor, combine all other ingredients. Once squash is cooked through, add it to the food processor. Puree until a smooth consistency has formed.
5. In a bowl, combine sauce and pasta.

Nutrition Tips:
1. Looking for a non-dairy, vegan alternative to macaroni and cheese? Look no further than this recipe.
2. Pasta shape and ingredients may vary. For more fiber, protein, and heart-healthful fats that help increase satiety, aim to choose a whole grain pasta made from brown rice, whole wheat, quinoa, etc.
3. For even more of a nutrient boost, consider mixing in a cup of your favorite non-starchy vegetable! Some examples include mushroom and onion, tomato and spinach, and/or carrots.

Source:
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