



Butternut Squash Mac & Cheese

A better-for-you take on classic mac and cheese, using creamy blended butternut squash instead of heavy béchamel. It's just as comforting—only lighter, veggie-packed, and perfect for Friendsgiving.

Ingredients (Serves ~8)

- 1 lb diced butternut squash (peeled & seeded)*
- 5 fresh sage leaves, minced*
- 2 tsp fresh thyme leaves*
- 1 small onion, chopped*
- 3 cloves garlic, chopped*
- ½ cup vegetable stock*
- 1 lb dry elbow macaroni (cooked according to package)*
- 8 oz shredded cheddar cheese*
- 4 oz cream cheese*
- 1 tablespoon salt (adjust to taste)*

Instructions

1. Slow cook the vegetables.

Add squash, sage, thyme, onion, garlic, and vegetable stock to a slow cooker.

Cook on high for ~4 hours or low for ~8 hours, until the squash is tender.

Blend the mixture until smooth.

2. Add pasta and cheese.

Set the slow cooker to “warm.”

Add cooked macaroni, salt, cheddar cheese, and cream cheese.

Stir until fully melted and combined.

3. Taste and serve.

Season with extra salt or pepper if needed.

Serve warm and enjoy a healthier, veggie-forward comfort dish.