

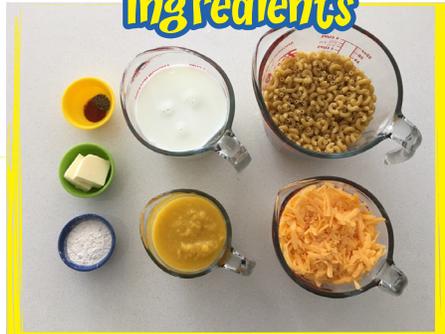


Macaroni and Cheese with Butternut Squash

Featuring: Butternut squash - an excellent source of betacarotene. Our bodies turn betacarotene into Vitamin A. Vitamin A helps maintain eye health.

Making meals from fresh whole ingredients is a great way to raise healthy families. Are you trying to decrease the amount of processed food your family eats? This family favourite is quick and easy to make and the butternut squash gives it a boost of betacarotene for eye health. Note: Making the butternut squash puree in advance and freezing in 1 cup portions is a real time saver.

Ingredients



- 1 pkg (about 450g) elbow macaroni
- 2 tbsp butter
- 4 tsp flour
- 2 cups milk
- 1 cup butternut squash puree (see recipe below)
- 2 cups grated cheese (I like to use 1.5 cups cheddar cheese and 0.5 cups of sharp cheddar cheese ie. MacLaren's Imperial in the red tub)
- 1/4 tsp nutmeg
- 1/8 tsp mustard
- 1/8 tsp pepper

Method

1. Cook macaroni as per directions on the box or package.
2. While the macaroni is cooking, melt butter in a large saucepan over medium heat.
3. Once melted, add the flour and stir with a whisk. Cook, stirring constantly for 1 minute. Add milk little by little and stir well until there are no lumps and mixture begins to thicken, 3 to 4 minutes. Add cheese and stir until melted. Add nutmeg, mustard, and pepper. Reduce heat to low and cover, stirring occasionally.
4. Once the macaroni is cooked "al dente", add to the cheese mixture and mix well. Delicious served warm with roast beef, steamed green beans, and raw carrot sticks.

Eye See . . . Eye Learn® provides free eye glasses to kindergarten students who require glasses. Your child's eye examination is covered by Alberta Health* until their 19th birthday.

*Check with your doctor of optometry prior to your appointment to determine if there are any additional costs.

Alberta
Association
of Optometrists 