



Butternut Squash Alfredo

You can try boiling the squash in stock for added flavor.

U.S.

Metric

For the Alfredo:

1/2 each	Butternut Squash, peel, sliced lengthwise, deseed, cubed	142 g
3 quarts	Water	3 L
2 tsp	Olive Oil	10 mL
2 tsp	Butter, unsalted	10 g
3 tbsp	All-purpose flour	45 g
1/2 cup	Milk, Skim	119 mL
2 tsp	Cayenne Pepper	6 g
3 oz	Low-fat Cheddar Cheese, sharp, grated	85 g
1 tsp	Kosher Salt	5 g

For The Pasta:

3 quarts	Water	3 L
10 oz	Pasta, whole wheat, dry	283 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F / 200°C. Line a sheet pan with parchment paper and lightly spray with cooking spray. Place pot of water on the stove to boil.
3. Place the cubed butternut squash in the boiling water and cook until soft, about 20 minutes.
4. When the squash is done cooking, strain and puree in a blender or food processor.
5. In a saucepot, heat the butter over medium heat until slightly browned, whisk in flour and fully incorporate. Cook for about 2-3 minutes and you have made a roux.
6. Slowly pour in milk while continuously whisking. Bring mixture to a slow simmer.
7. Whisk the pureed squash into the milk mixture.
8. Add cayenne, cheese, and salt to the milk mixture and simmer for 5 minutes or until thickened.
9. In a stockpot, fill it 3/4 of the way with water and bring to a boil.
10. Add pasta to the boiling water and cook for approximately 10 minutes, or until pasta is al dente (firm to the bite, but not hard).
11. Drain pasta into colander.
12. In a large pot or bowl, combine cheese sauce and pasta, stirring gently until fully combined

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **2 oz pasta,**
 4 oz sauce**Servings** **5****Calories** 333

Calories from Fat 70

Total Fat 8 g

Saturated Fat 3 g

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 45 mg

Sodium 531 mg

Carbohydrates 54 g

Dietary Fiber 8 g

Sugars 5 g

Protein 14 g

Vitamin A 647 %

Calcium 21 %

Vitamin C 20 %

Iron 17 %

Phosphorus 150 mg
