Vegan Butternut Squash Mac and "Cheese"

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

Butternut squash and nutritional yeast combine to give this vegan macaroni and cheese its cheesy taste!

About the Recipe

485 Calories · 22.4 g Protein · 16.8 g Fiber
Dinner
Nut-free

Butternut squash is packed with beta-carotene, which can boost immunity and may even lower the risk for certain types of cancer.

Ingredients

Makes 6 Servings

- 1 butternut squash (roughly 2lbs before cooked and peeled)
- 3 c (700 mL) low-fat nondairy milk
- 2 tbsp (30 mL) cornstarch
- 4 tbsp (60 mL) nutritional yeast
- 1 tsp (5 mL) ground mustard
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) smoked paprika
- 16 oz (454 g) elbow pasta, uncooked
- 1/2 c (54 g) panko breadcrumbs
- 1/8 tsp (0.6 mL) hot sauce (optional) **optional*

Directions

1. Cut the butternut squash into large pieces and remove the seeds. Steam the butternut squash until tender. You can also use an electric pressure cooker: Place on trivet and add 1 1/2 c (350 mL) of water. Use the steaming setting for 10 minutes.
2. Once the butternut squash is cooked, scoop the flesh out of the skin with a spoon. Reserve 2 c (410 g) for the sauce. Set aside another 1 c (204 g) of the squash and dice it.
3. To make the sauce, combine the 2 c (410 g) of just-cooked butternut squash, milk, corn starch, nutritional yeast, ground mustard, garlic powder, and smoked paprika in a blender. Process until smooth.
4. Bring a large pot of salted water to a boil and cook pasta according to directions on the package.
5. Pour the sauce into a large pot set to low-medium heat. Stir often. As soon as the sauce comes to a simmer, add the cooked pasta and 1 c (204 g) of diced butternut squash. Mix to combine.
6. Place the macaroni and "cheese" into a 9-by-13-inch (23-by-33-cm) baking dish and top with panko breadcrumbs. Place under the oven broiler set to low for 5 minutes to brown the top of the dish. Add small drops of hot sauce across the top if desired. Serve hot.Note: It may seem like there's a lot of sauce, but the pasta will absorb the sauce as it cools.

Nutrition Facts

Per serving:

Calories: 485

Fat: 6.6 g

Saturated Fat: 0.98 g

Calories From Fat: 11.4%

Cholesterol: 0 mg

Protein: 22.4 g

Carbohydrate: 93.9 g

Sugar: 6 g

Fiber: 16.8 g

Sodium: 126 mg

Calcium: 268 mg

Iron: 6 mg

Vitamin C: 25.5 mg

Beta-Carotene: 7,679 mcg

Vitamin E: 2.8 mg