

# Vegan Butternut Squash Mac and "Cheese"

Source: Dora Stone, chef and photographer, founder of [mmmole.com](http://mmmole.com) and [dorastable.com](http://dorastable.com)

Butternut squash and nutritional yeast combine to give this vegan mac 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***

- butternut squash, medium (1)
- soy milk (3 cups)
- cornstarch (2 tbsp.)
- nutritional yeast (4 tbsp.)
- ground mustard (1 tsp.)
- garlic powder (1 tsp.)
- smoked paprika (1 tsp.)
- large elbow pasta, uncooked (1 pound)
- panko breadcrumbs (1/2 cup)
- hot sauce (dash)

## 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 cups 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 cups for the sauce. Set aside another cup of the squash and dice it.
3. To make the sauce, combine the 2 cups of just-cooked butternut squash, soy 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 cup of diced butternut squash. Mix to combine.
6. Place the macaroni and "cheese" into a 9-by-13-inch 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. 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