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 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