

## RECIPE HUB

# Butternut Squash Mac and Cheese

## Dairy-Free Dishes

Source: [www.veggieinspired.com/butternut-mac/](http://www.veggieinspired.com/butternut-mac/)



**SERVES:**  
6



**PREP TIME:**  
20 MINS



**COOKING TIME:**  
25 MINS



**CALORIES:**  
447 CAL

This vegan mac and cheese has no soy, fake cheese or nutritional yeast. It's made from only whole food plant based ingredients. Butternut Squash is high in Vitamin A, C, several B's, K and fiber. It has anti-inflammatory and antioxidant properties and may help regulate blood sugar. You will not believe how good this is!

### INSTRUCTIONS

1. Add butternut squash and onions to a pot and cover with water by at least an inch or two. Bring to a boil, turn down heat to medium and simmer until vegetables are tender.
2. Meanwhile, cook macaroni noodles according to package directions. Reserve 1/4 cup cooking liquid once noodles are done cooking and before draining. Place noodles back in pot and set aside.
3. When squash and onions are tender, drain (reserving 1/4 cup liquid - unless you are reserving the liquid from the noodles), and add them to a high speed blender with the cashews, lemon juice, salt, dijon, garlic powder, black pepper, smoked paprika, turmeric, nutmeg and reserved cooking liquid from either the noodles or the squash. Blend until completely smooth. Use a tamper if necessary to push ingredients to the bottom of the blender.
4. Add butternut squash sauce to the macaroni noodles and stir, making sure every noodle is covered in sauce. Warm through if needed.

### INGREDIENTS

- 1 1/2 cups butternut squash, peeled and chopped into cubes
- 1/2 large sweet onion, peeled and chopped
- 16 ounce package small macaroni noodles, cooked according to package directions (use gluten-free noodles, if desired)
- 1/4 cup reserved cooking liquid (from the squash/onion or the noodles...either one will work)
- 1/4 cup raw cashews, soaked in hot water for 30 minutes
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon smoked paprika
- 1/8 teaspoon turmeric
- 1/8 teaspoon nutmeg

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. **Learn more at** [www.rmalab.com/nutrigenomix](http://www.rmalab.com/nutrigenomix)

 [www.rmalab.com](http://www.rmalab.com) |  [info@rmalab.com](mailto:info@rmalab.com) |  403.241.4500

