Butternut Mac & Cheese

HolisticQ signature recipe

You're going to love this perfect side for almost any occasion! The Brown Rice pasta and canned Coconut milk make this recipe truly stand out from traditional mac & cheese. This recipe is fantastic!

Ingredients: All organic

- 12 oz. Brown Rice Pasta
- 3 cups mashed Butternut squash
- 2 yellow onions
- 8 tablespoons butter (1 stick)
- 2 tablespoons flour of choice
- 1 can full fat coconut milk
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 cups grated cheddar cheese
- Optional breadcrumbs for topping

Cook the macaroni to package directions until al dente. Drain, rinse with cold water to stop the cooking process, and set aside. DON"T overcook the pasta when you pre-boil!

Preheat the oven to 400 degrees. Carefully cut a whole butternut squash in half lengthwise. Roast it in the oven, cut side down for 20 to 25 minutes until fork tender. When the squash is tender, scrape out the flesh and mash it with a potato masher.

While you're roasting the squash, add the onions and 2 tablespoons of the butter to a large skillet over medium heat. Stir occasionally, cooking the onions until they're deep golden brown. Remove them to a plate and set them aside.

To the same skillet you used to cook the onions, melt 4 tablespoons of the butter over medium-low heat. Sprinkle in flour and whisk it to make a thin paste. Cook it for 2 minutes, then whisk in the coconut milk. Cook it, whisking gently, for a couple of minutes or until slightly thick. Whisk in the salt and pepper!

Turn the heat to low and stir in 3 cups of the mashed butternut squash and the onions. When it is warmed, stir in the cheese. If the sauce is overly thick when the cheese is melted, add a splash of milk.

In a greased 9x13 baking dish, stir the sauce with the cooked pasta until well combined.

Melt the remaining butter and combine it with the breadcrumbs. Sprinkle the breadcrumbs over the macaroni and bake it at 400 degrees for about 20 minutes, or until the crumbs are golden and the edges bubbly.

Serve immediately!