



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Butternut Squash Mac and "Cheeze"

Serves 2

Ingredients:

2 cups rotini pasta (brown rice, whole grain, etc)
1 cup butternut squash (chopped into 1" cubes)
1 cup coconut milk
2 cloves garlic
½ lemon (juiced)
2 TBSP nutritional yeast
1-2 TBSP olive oil
Salt, pepper to taste



Directions:

1. Preheat oven to 400 degrees F.
2. Place butternut squash on greased baking sheet. Bake for 20-30 minutes or until soft.
3. While squash is roasting, make pasta according to label instructions.
4. In a food processor, combine all other ingredients. Once squash is cooked through, add it to the food processor. Puree until a smooth consistency has formed.
5. In a bowl, combine sauce and pasta.

Nutrition Tips:

1. Looking for a non-dairy, vegan alternative to macaroni and cheese? Look no further than this recipe.
2. Pasta shape and ingredients may vary. For more fiber, protein, and heart-healthy fats that help increase satiety, aim to choose a whole grain pasta made from brown rice, whole wheat, quinoa, etc.
3. For even more of a nutrient boost, consider mixing in a cup of your favorite non-starchy vegetable! Some examples include mushroom and onion, tomato and spinach, and/or carrots.

Source:

Izzy Shishko is the Health and Wellness Coordinator for Home Base. She provides clinical administrative support to Veterans and their families, specifically in the health and wellness realm. Originally from Boston, Izzy brings her passion for all things nutrition and fitness to facilitate programs related to health and wellness (i.e. The Fitness Center, Nutrition, Warrior Health and Fitness, Yoga, Tai Chi, Art Therapy, etc.).