



Makes 6 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 medium butternut squash (1¾ lb.)

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

1 onion, finely chopped (1 cup)

4 cloves garlic, minced

½ teaspoon finely chopped fresh thyme

1 cup unsweetened, unflavored plant milk

2 tablespoons nutritional yeast

1 tablespoon white wine vinegar

½ teaspoon sea salt

⅓ teaspoon freshly ground black pepper

3 cups dried whole grain penne pasta (8 oz.)

3 cups small broccoli florets

Fresh basil leaves

Butternut Squash Mac and Cheese with Broccoli

Spiced butternut squash blended with nutritional yeast and a little plant milk makes a delightfully rich and “cheesy” sauce for pasta and broccoli. Pumpkin, acorn squash, or delicata squash will also work in this recipe.

Tips

Gluten-free: To make this recipe gluten-free, choose a whole grain gluten-free pasta.

Optional Oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 40 calories, 5 g total fat, and 1 g saturated fat per serving.

Editor's note: Based on reader feedback, we retested this recipe and have reduced the amount of plant-based milk.

By Darshana Thacker Wendel

- 1** Peel squash; halve squash and remove seeds. Cut squash into large pieces. Place squash pieces in a steamer basket in a large pan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, about 12 minutes or until tender.
- 2** For oil-free: Heat a medium saucepan over medium. Add onion, garlic, thyme, and ¼ cup water to pan. Cook about 6 minutes or until onion is tender, stirring occasionally and adding water, 1 to 2 tablespoons, at a time, as needed to prevent sticking. *(If using oil: In a medium saucepan, heat olive oil, then add onion, garlic, and thyme. Cook about 6 minutes or until onion is tender, stirring occasionally.)*
- 3** Transfer onion mixture to a blender. Add squash and the next five ingredients (through pepper). Cover and blend until smooth. Pour squash mixture into a large saucepan.
- 4** Cook pasta according to package directions, adding broccoli the last 5 minutes of cooking; drain. Add drained pasta and broccoli to squash mixture; toss to coat. Serve warm topped with fresh basil.