

HIDDEN VEGGIE MAC AND CHEESE



INGREDIENTS

- 1/2 cup of water
- 1 cup cauliflower florets
- 1 cup butternut squash, diced
- 1 cup carrots, thinly sliced
- 1/2 cup onion, diced
- 2 Tbsp. nutritional yeast (more as desired)
- 2 cups skim milk, 1% or plant-based milk
- 2 cups reduced fat mozzarella or cheddar cheese, shredded
- 1lb of whole grain or legume pasta of choice, cooked al dente

DIRECTIONS

- 1** Add cauliflower, squash, onion and carrots with water to a pot over medium-high heat. Cover and cook until vegetables are softened.
- 2** Add softened vegetables and water to a blender and blend until smooth. Add extra water as needed for a smooth, yet thick texture.
- 3** Return blended vegetables to the pot. Add cheese, milk and nutritional yeast. Stir until smooth.
- 4** Add cooked pasta, reduce heat, mix thoroughly and cover for 20 minutes before serving.



40 min



Serves 4