

Macaroni and Cheese

Makes 6 servings

Ingredients

- 1 cup cottage cheese
- 2 cups whole or 2% milk
- 1 can pumpkin or winter squash puree
- ½ teaspoon nutmeg
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound (16 ounces) sharp cheddar cheese, grated and divided
- ½ pound whole wheat, regular, or protein+ elbow pasta

Directions

1. Preheat the oven to 375 degrees F. Coat an oval casserole dish or a square or round pan with baking spray.
2. Puree cottage cheese, milk, pumpkin, nutmeg, salt, and pepper. Pour into a large bowl.
3. Set aside ¼ cup of grated cheddar cheese and mix the remainder with the pureed mixture. Add dry pasta, pour into dish, cover with foil, and bake for 30 minutes.
4. Uncover pan, stir, sprinkle with reserved cheese, and bake uncovered for 30 minutes. Top should be golden brown.

