



Vegan Butternut Squash Mac and Cheese Bake (4 servings)

Ingredients

7 oz cooked pasta

1 teaspoon olive oil

1 teaspoon pumpkin oil

¼ cup finely chopped onion, or shallots

3 cloves garlic

¼ cup sage julienned, divided

Red pepper flakes to taste

Sauce

¾ cup butternut squash puree

1 cup milk alternative
(recommended: oat milk, or hemp milk)

¾ cup non-dairy cashew cream

1 Tbsp corn starch, or arrowroot

2 to 4 Tbsp nutritional yeast for
cheesiness, or 1 tsp miso for similar flavor

(Sauce continued)

½ tsp dried thyme

¾ tsp salt

¼ tsp black pepper

½ tsp garlic powder

1 to 2 tsp mustard (natural stoneground), to taste, if using
ground, use ½ tsp and add 1 tsp lemon juice

*Optional additional flavors - dashes of cinnamon, smoked
paprika, add tomato paste, some vegan cheddar*

Topping

⅓ cup panko breadcrumbs

¼ tsp salt

1 tsp olive oil

1 tsp pumpkin oil

Preparation

- Preheat the oven to 400 F
- Cook the pasta according to the package instructions, rinse in cold water and set aside. In a baking dish, add the olive and pumpkin oils. Sprinkle in the onion, garlic, a third of the sage, a pinch of salt and any pepper flakes to taste. Bake for 6 to 8 minutes. *(continued)*



- Blend the sauce ingredients until smooth. Taste and adjust salt and flavor. Add the cooked pasta, the sauce ingredients and some sage into the baking dish and toss well.
- Combine the panko breadcrumbs with the remaining sage, salt and the olive and pumpkin oils in a small bowl. Spread the breadcrumb topping on the pasta.
- Bake for 20 to 25 minutes. Then broil for a minute until the panko breadcrumb topping becomes golden in color. Let it sit for a few minutes before serving.

To Freeze

- Bake the mac with half the breadcrumb topping for 20 mins, cool completely and freeze the container. Use foil to seal the top surface of the mac and cheese to avoid freezer burn, or transfer portions to containers with the least amount of air space on top once filled.

To Reheat

- Thaw overnight, add breadcrumb topping and bake for 15 minutes, or so, until heated through and golden on top.

(Notes - For gluten-free diets)

- *Use gluten-free pasta and breadcrumbs, or use 3 tablespoons of almond meal instead of breadcrumbs to make the topping.*
- *You can use any squash puree in this bake.*
- *If using dried sage, use a mix of rubbed and ground, about 2 teaspoon rubbed and 1/2 to 1 teaspoon ground. Dried ground sage is generally a strong flavor as it gets compacted, so use less to begin with and add more as needed.*

Nutritional Information (209 calories per serving)

Fat:	7g	Sugar:	2g
Saturated Fat:	1g	Protein:	6g
Sodium:	647mg	Vitamin A:	7265IU
Potassium:	179mg	Vitamin C:	4mg
Carbohydrates:	31g	Calcium:	200mg
Fiber:	4g	Iron:	2.4mg