

# Triple Recipe Healthy Baked Macaroni & Cheese

Developed by Roy-Hart Middle School Life Skills Students

Bake at 325°F

Serves 30

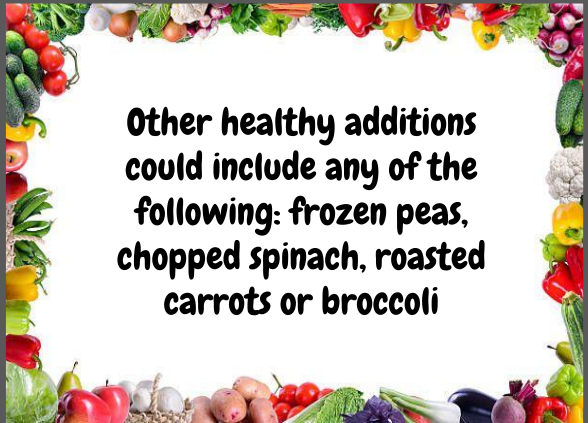
## Ingredients

- 3 lb whole wheat rotini or elbow macaroni
- 12 T. butter (1 ½ sticks)
- 3 cups pureed squash
- ⅔ c. flour
- 1 T. pepper
- 1 ½ T. salt
- 1 ½ t. garlic powder
- 1 T. ground turmeric
- ½ t. nutmeg
- 1 ½ c. ricotta cheese
- 7 ½ c. milk
- ¾ c. grated parmesan or romano cheese
- 12 c. grated sharp cheddar cheese
- 3 cups whole wheat bread or cracker crumbs mixed with ½ c. olive oil



## Directions

1. Preheat oven to 325°F
2. Cook pasta in salted water according to directions for “al dente” (about 8-10 min)
3. Drain pasta and set aside.
4. Mix all dry ingredients in small bowl
5. In large pot melt butter over low heat. Once melted, add squash and dry ingredients. Cook over medium heat stirring heat until well combined and fragrant (2-3 min)
6. Remove from heat and whisk in ricotta & grated cheese
7. Return to heat and slowly, begin adding milk, whisking, continuing to cook over medium heat until the sauce begins to thicken.
8. Add 9 cups of the shredded cheddar, stirring until sauce is rich and thick.
9. Stir together sauce and pasta and pour into oven safe casserole dish.
10. Top with remaining 3 cups shredded cheese and top with crumbs.
11. Bake at 325°F until bubbly (about 30 min)



**Other healthy additions could include any of the following: frozen peas, chopped spinach, roasted carrots or broccoli**

# Healthy Baked Macaroni & Cheese

Developed by Roy-Hart Middle School Life Skills Students

Bake at 325

Serves 10

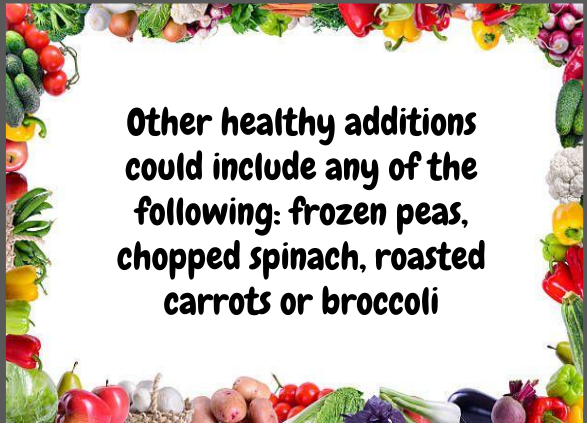
## Ingredients

- 1 lb whole wheat rotini or elbow macaroni
- 4 T. butter
- 1 cup pureed squash
- ¼ cup flour
- 1 t. pepper
- 1 ½ t. salt
- ½ t. garlic powder
- 1 t ground turmeric
- Pinch of nutmeg
- ½ c ricotta cheese
- 2 ½ c. milk
- ¼ c. grated parmesan or romano cheese
- 4 c. grated sharp cheddar cheese
- 1 cup whole wheat bread or cracker crumbs mixed with 2 T olive oil



## Directions

1. Preheat oven to 325°F
2. Cook pasta in salted water according to directions for “al dente” (about 8 min)
3. Drain pasta and set aside.
4. Mix all dry ingredients in small bowl
5. In large pot melt butter over low heat. Once melted, add squash and dry ingredients. Cook over medium heat stirring heat until well combined and fragrant (2-3 min)
6. Remove from heat and whisk in ricotta & grated cheese
7. Return to heat and slowly, begin adding milk, whisking, continuing to cook over medium heat until the sauce begins to thicken.
8. Add 3 cups of the shredded cheddar, stirring until sauce is rich and thick.
9. Stir together sauce and pasta and pour into oven safe casserole dish.
10. Top with remaining 1 cup shredded cheese and top with crumbs.
11. Bake at 325°F until bubbly (about 30 min)



**Other healthy additions could include any of the following: frozen peas, chopped spinach, roasted carrots or broccoli**