

NUTRITION *Night*

HIDDEN VEGETABLE MAC AND CHEESE



Meal Kit Recipe

Enjoy this healthy and delicious recipe.

INGREDIENTS

- Butternut Squash (1 cup cubed)
- Eggplant (1 small eggplant cubed)
- Tomato (1 cup)
- Butter (3 tbsp)
- Flour (3 tbsp)
- Milk (3 cups)
- Sharp Cheddar (1 cup shredded)
- Mozzarella, Gouda, or Fontina (1 cup shredded)
- Shredded Parmesan (1/2 cup grated)
- Dijon Mustard (1 tbsp)
- Salt and pepper
- Cayenne pepper
- Olive oil

(instructions on page 2) →



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INSTRUCTIONS

Roast the Vegetables

- 1) Preheat the oven to 400°F.
- 2) Toss squash, eggplant, and tomato with olive oil and a pinch of salt.
- 3) Spread on a baking sheet and roast for 30–40 minutes, until caramelized and tender.
- 4) Once the vegetables are finished roasting, blend into a smooth purée, adding a splash of milk if needed. (You should have about 1 cup purée.)

Cook the Pasta

- 1) While the vegetables are roasting, bring a large pot of water to a boil (this takes about 10 minutes).
- 2) Once boiling, add 2–3 tablespoons of salt to season the water.
- 3) Cook pasta according to package directions until al dente (usually 8–10 minutes).
- 4) Reserve about 1 cup of pasta water, then drain the pasta.

Make the Cheese Sauce

- 1) In a saucepan, melt butter over medium heat.
- 2) Whisk in flour and cook for 1–2 minutes.
- 3) Gradually whisk in warm milk, cooking until smooth and slightly thickened (béchamel).
- 4) Stir in cheeses until fully melted.
- 5) Season with mustard, paprika, salt, and pepper.

Combine

- 1) Whisk ½ cup of the veggie purée into the cheese sauce. Taste and adjust.
- 2) Add more purée, up to the full cup, until the flavor balance feels right.
- 3) If the sauce is too thick, loosen with a splash of reserved pasta water.

Finish

Toss with the cooked pasta and serve warm.



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The Cultivate Hope Corner Store is an initiative of local nonprofit Matthew 25.