Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Fall recipe: lunch/supper
Food components used: vegetable, grain, meat/meat alternate
Specialty crop: butternut squash/pumpkin

Squash Mac and Cheese				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Butter or oil	1 Tbsp		3 Tbsp	
Skim milk, warm	2 cups		6 ¼ cups	
Cottage cheese	2 cups		6 ¼ cups	
Cheddar cheese, grated	1 ½ cup grated	½ lb block cheese	4 ¾ cups grated	1 ¼ lbs block cheese
Butternut squash, raw, peeled, cubed	4 cups	1½ lbs	12 ½ cups	4 ½ lbs
Whole wheat elbow macaroni, dry		½ lb		1 ¾ lbs
Salt	½ tsp		1 ½ tsp	
Black Pepper	½ tsp		1 ½ tsp	

Directions:

To prepare squash:

1. Cut off the ends of squash and peel squash skin with a sturdy peeler or paring knife.
2. Cut the squash lengthwise into two halves and scoop out seeds using a spoon. Discard or compost the seeds.
3. Cut the squash into quarters and then cut into ½ inch or smaller cubes.

To make Squash Mac and Cheese:

1. Heat conventional oven to 375°F (350°F if using a convection oven).
2. Grate block cheese
3. Oil one 9-inch round or square baking pan for 8 servings or two 13 x 8-inch baking pans for 25 servings.
4. In a large bowl combine the cottage cheese, milk, salt and pepper using a whisk or mixing spoon.
5. Reserve ½ cup (1 ⅓ cup for 25 servings) of grated cheddar cheese for topping.

6. In a large mixing bowl, combine the remaining grated cheddar cheese, milk mixture, uncooked pasta, and cubed (uncooked) butternut squash.
7. Pour into the prepared baking pan. If the mixture seems dry, add more skim milk on top to cook pasta.
8. cover tightly with foil and bake for 45 minutes.
9. Uncover pan, stir gently, sprinkle with reserved cheese. Check for dryness, add more skim milk to cook noodles if needed. Bake uncovered for an additional 30 minutes, until the top is browned.
10. Let cool at least 15 minutes before serving.

Tips:

- You can also use frozen, cubed squash to save on time.

Serving Sizes **Lunch/Supper**

Age Group	**Serving Size**
Ages 1-2	1 cup
Ages 3-5	1 cup

NOTE: The number of servings is based on 1 cup portions for Ages 3-5; The number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ¼ cup of vegetables, 1.5 oz eq of meat/meat alternate and 1 oz equivalent of grains per portion.