

# Butternut Squash Mac & Cheese

*with Crispy Sage*

The base for this creamy, comforting dish is a white sauce, or béchamel sauce, made from butter, flour, and low-fat milk. It is the most common of the five French “mother sauces.” Sauces derived from mother sauces by adding cheese or other ingredients are often called “daughter sauces.”



## Ingredients

- 1 Bunch Sage
- ½ Butternut Squash
- 8 Ounces Whole Wheat Penne
- 2 Tablespoons Butter
- 2 Tablespoons Whole Wheat Flour
- 1 Cup 1% Milk
- ¼ Teaspoon Cinnamon (Optional)
- ½ Cup Grated Parmesan Cheese
- ¼ Cup Whole Wheat Breadcrumbs

Makes 2½ Servings  
About 665 Calories Per Serving



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Recipe #63

# Instructions

1



## Prepare your ingredients:

Preheat the oven to 425°F. Heat a medium pot of salted water to boiling on high. Pick the sage leaves off the stems. Peel and medium dice the butternut squash.

2



## Crisp the sage:

In a large pan, melt the **butter** on medium-high. Once melted, add the sage leaves and cook about 1 to 2 minutes, or until dark green and crispy, being careful not to burn the butter. Transfer the leaves to a paper-towel-lined plate and season them with salt and pepper, leaving the butter in the pan.

3



## Make the béchamel sauce:

Sprinkle the **whole wheat flour** into the butter and whisk until combined. Cook on medium-high about 1 minute, or until lightly golden. Slowly whisk in the **milk** until no lumps remain. Reduce the heat to low and season with salt and pepper. Simmer 2 to 4 minutes, stirring until the sauce starts to thicken. Remove from the heat.

4



## Cook then mash the butternut squash:

While the sauce simmers, add the **butternut squash** to the boiling water. Cook 7 to 9 minutes, or until very soft when pierced with a fork. Using a slotted spoon, transfer the **squash** to the **béchamel sauce**, leaving the water in the pot. Using a whisk or fork, mash the squash into the sauce until thoroughly combined. If using, stir in the **cinnamon** then season with salt to taste.

5



## Cook the pasta:

Add the **whole wheat penne** and a **big pinch of salt** to the water used to cook the squash. Cook the penne 13 to 15 minutes, or until al dente. Before draining, reserve  $\frac{1}{2}$  cup of **pasta cooking water**. Transfer the **drained penne**, **reserved pasta water**, and the **Parmesan cheese** to the béchamel-squash mixture. Stir until well combined.

6



## Bake the mac & cheese:

Transfer the béchamel-penne mixture into a baking dish. Drizzle the **whole wheat breadcrumbs** with a little olive oil to slightly moisten them, then season them with salt and pepper. Sprinkle the moistened crumbs in a single layer over the casserole. Bake 5 to 7 minutes, or until golden brown and bubbly. Let stand for a few minutes before serving. Crumble the **crispy sage** over the top. Enjoy!