



Mac 'n' Sneaky Cheese

Ingredients:

½ medium onion, finely diced
4 Tbls. Butter
⅓ cup flour
2½ cups low fat milk
8 oz. sharp cheddar cheese
12 oz. package of cooked squash, thawed
1½ tsp. salt
1 tsp. dry mustard
½ tsp. garlic powder
¼ tsp. black pepper
Pinch of nutmeg
2 cups roasted cauliflower*
1 lb. small pasta shells, cooked according to the instructions
1 cup frozen peas, thawed
(1 cup diced ham)

Directions:

1. Heat a heavy pot over medium heat. Add butter and melt. Add onions and stir, reduce heat to medium low and cook stirring occasionally, until the onions are translucent and tender, about 10 minutes.
2. Remove the cover and stir in the flour. The mixture will become pasty.
3. Gradually add the milk, stirring continuously and adding more milk as the sauce thickens.
4. Once the milk is all incorporated, add the cheese, stirring until it is melted, then add the squash and mix well. Fold in the remaining ingredients.
5. Serve immediately or if allowed to cool, reheat covered with foil in the oven at 350° until warmed through.

*To roast the cauliflower, cut into bite-sized pieces and toss with olive oil and a little salt. Spread on a sheet pan and roast in a hot oven (425°) to your desired doneness, about 20 minutes. As the cauliflower browns it becomes sweeter.