

Mac n "Cheese"

From Chef Sam at LiveWell

Steamed or Boiled Diced Butternut Squash + Sweet Potato

↳ Season w/ Olive Oil - Salt, Pepper, Paprika

Roast Until Soft and Golden Brown

Sautee Red Onion + Garlic until soft and fragrant

↳ Add roasted butternut

Cover w/ milk, cream, oat milk (your choice)

Blend with immersion blender.

Add cheese if wanted (hard cheeses are better)

Add cooked pasta of your choice

↳ Fresh Herbs are great too!

Stir to combine and enjoy.