

# Broccoli Bacon Mac 'n Cheese

Recipe adapted from: <https://www.myrecipes.com/recipe/one-pan-broccoli-bacon-mac-n-cheese>

10 min prep time

20 min cook time

Makes 6 servings

## Ingredients

- 1 (10 ounce) bag frozen butternut squash
- 3 cups chopped broccoli florets (fresh or frozen)
- 10 ounces uncooked whole wheat elbow macaroni
- 2 slices of chopped turkey bacon
- 5 ounces sharp cheddar cheese, shredded
- 1 cup non-fat milk
- 2 cup unsalted chicken stock
- 3 garlic cloves, minced
- 1/2 tsp salt
- 1/2 tsp black pepper



## Directions

1. Heat a large skillet over medium-high heat. Add bacon; cook for 4 minutes or until crisp. Stir occasionally.
2. Add minced garlic to bacon and sauté 30 seconds.
3. Add stock, milk and squash to pan; bring to boil, stirring occasionally.
4. Add pasta; cover, reduce heat and simmer 7 minutes, stirring occasionally. Stir in broccoli; cover and cook for 3 minutes or until pasta is done and sauce is thickened.
5. Stir in salt, pepper and 4 ounces of cheese. Sprinkle remaining cheese on top. Cover let cool for 1 minute.

Tip: For a well-balanced meal, serve with sautéed veggies, a side salad, or a piece of fruit.