

Autumn Mac and Cheese

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brussel-sprouts-recipe-thanksgiving-dinner>

Ingredients:

- 1 pound whole wheat pasta I used shells
- 1/2 butternut squash small, peeled and chopped into small cubes
- 1 apple large, peeled and chopped
- 1/2 sweet onion chopped
- 2 cups brussels sprouts chopped
- 2 tablespoons olive oil
- 1/2 teaspoon nutmeg
- 1 tablespoon butter
- 1 tablespoon flour
- 2 cups milk
- 8 ounces cheese grated, I used smoked cheddar
- 1/2 cup Parmesan cheese + more for topping
- 1/4 cup panko bread crumbs

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 90 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 18 grams
8. Sodium: 680 milligrams
9. Sugar: 17 grams

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