

# Gourmet Gluten Free Squash Mac & Cheese

Number of Servings: 8

## Ingredients

Topping (optional)

3/4 cup gluten free bread crumbs or gf brown rice crispies

1 TBS melted unsalted butter

1/2 cup grated hard parmigiana cheese

Mix topping well in a bowl and set aside.

1 lb (450g) Gluten Free Pasta (macaroni, penne or fusilli shape)

2 TBS of butter

1/4 cup minced onion (half of one medium onion)

1 full roasted squash or 1-28oz can mashed or canned pumpkin or butternut squash to equal approx 4 cups cooked squash

1 1/4 cups good quality organic chicken stock, homemade or store bought

1 Cup Water

1/2 tsp ground nutmeg

8oz cream cheese

1 cup heavy cream or half & half

1 TBS Dijon mustard

1/2-1 tsp unrefined sea salt

Few cranks of fresh ground pepper

1 tsp Herbs de Provence or thyme

2 cups grated raw milk old cheddar or cheese of choice

## Instructions

Clean and dry off outside of squash and slice in half (leave seeds in as they add a nice roasted flavor).

Place cut side down on parchment lined baking sheet and bake at \*350 for 45 minutes or until a knife slides in through flesh easily.

Clean out the seeds and measure out 4 cups squash. Any extra can be added to a soups.

Put a large stock pot of water on high heat with a few pinches of sea salt before starting next step.

In a large sauce pan melt the butter and add squash, chicken stock, water and nutmeg, salt & pepper and Herbs de Provence. Bring to a boil. Reduce to a simmer and cook for about 10 minutes until some of the liquid as reduced. Add the cream cheese, cream and dijon. Mash it all in together until squash and cream cheese are nicely blended. Turn off the heat and season with more sea salt and fresh pepper to taste. Stir in remaining cheddar cheese.

With water to a boil, add pasta and cook until tender (if using an all brown rice pasta don't forget to rinse your pasta well and let it drip dry for a good 5 minutes or it will be mushy and starchy).

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Toss the sauce with pasta and turn into a 9 x 13 buttered casserole dish or any shape that you like, I make mine in a long narrow stone dish that makes it look a little more fancy for serving guests. Top with the bread topping and bake at 350°F for 30 minutes