

Butternut Squash Mac & Cheese

Adapted from Rachel Ray & The Food Network



INGREDIENTS

1 lb of **macaroni** noodles
 1 tbsp of olive oil
 2 tbsps of butter
 1/2 medium **onion** grated
 3 tbsps flour (if gluten free use
 1.5 tbsps cornstarch)
 2 cups chicken or veggie stock
 1 1/2 cups cooked **butternut
 squash**
 1 cup cream
 2 cups grated Ontario cheddar
 1/2 cup grated Parmigiano-
 Reggiano (or another favourite
 cheese)
 1/4 tsp ground nutmeg OR
 smoked paprika (both optional)
 Salt & Pepper

DIRECTIONS

1. Preheat oven to 425°. Cut the butternut squash lengthwise down the middle and scoop out the seeds.
2. Place squash face up on a baking tray, poke the squash with a fork and drizzle with olive oil. Bake until soft (approx 40 min).
3. Heat a pot of water to boil for the pasta, salt the water and then add the pasta to cook.
4. While the pasta cooks, scoop out cooked squash and mash 1 1/2 cups (set aside)
5. In a heavy bottom pot, melt the butter, heat olive oil and grate the onion directly over the pot. Cook for 2 min.
6. Add the flour to the butter and onion and cook for another 1-2 minutes. Whisk in the stock.
7. Add the mashed butternut squash and continue to mix until warmed through and smooth.
8. Stir in cream and bring sauce to a bubble, then stir in cheeses and season with nutmeg or smoked paprika, and salt & pepper.
9. Drain cooked pasta and combine with sauce.
10. Serve and enjoy with the sides and dessert provided!

Leaving a (Squash) Legacy...

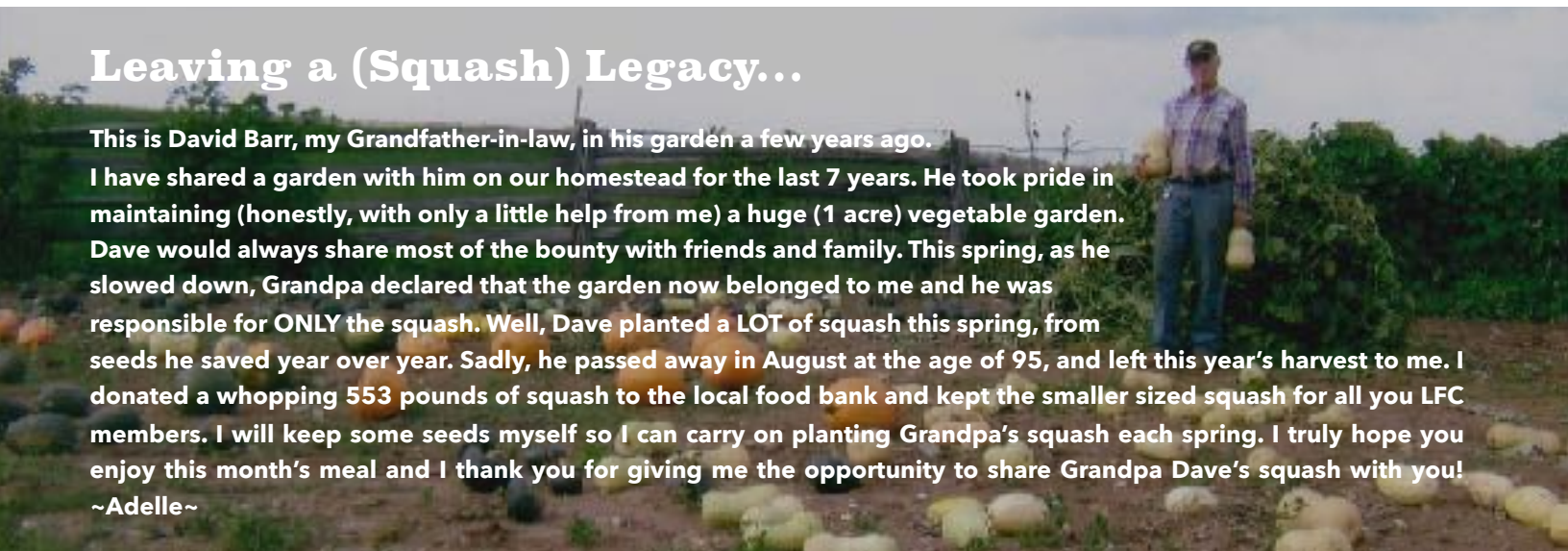
This is David Barr, my Grandfather-in-law, in his garden a few years ago.

I have shared a garden with him on our homestead for the last 7 years. He took pride in maintaining (honestly, with only a little help from me) a huge (1 acre) vegetable garden.

Dave would always share most of the bounty with friends and family. This spring, as he slowed down, Grandpa declared that the garden now belonged to me and he was responsible for ONLY the squash. Well, Dave planted a LOT of squash this spring, from

seeds he saved year over year. Sadly, he passed away in August at the age of 95, and left this year's harvest to me. I donated a whopping 553 pounds of squash to the local food bank and kept the smaller sized squash for all you LFC members. I will keep some seeds myself so I can carry on planting Grandpa's squash each spring. I truly hope you enjoy this month's meal and I thank you for giving me the opportunity to share Grandpa Dave's squash with you!

~Adelle~





A new twist on mac 'n' cheese...



Happy Holidays from the Farm to School team! This month's recipe is certainly a popular favourite and often a go-to comfort food. It's a simple meal to fit in at this busy time of year. Adding squash to mac and cheese is a great way to sneak veggies into a family meal - and we think it works! Your pack this month is designed with a little twist. The recipe has a few common kitchen staples to add, and the rest is provided. There was room to get a little creative and celebratory...Thank you to **Amanda's Country Bakery** for making us **cookies**

and to **Landman Gardens and Bakery** for the **spice rub**. Wow your guests over the holidays and simplify your efforts by using the spice rub on poultry or any roasted veggies. The **butternut squash** in your pack has been donated by your friendly local Farm to School Program Coordinator, **Adelle**, with a few sourced from **Am Braigh Farm** to ensure a consistent size suitable for children to carry home. **Am Braigh** also provided the **onion** needed for the recipe and the **micro greens** in your pack. We're thrilled to see big grocers like **John's No Frills** in Shelburne carrying more Ontario foods, answering consumer demand for local. They helped us source pasta from **Primo** made with 100% Canadian Durum wheat. A side of fresh **Fiddle Foot Farm carrot** sticks rounds out this meal nicely. For the gluten free crowd, we made a few modifications, but ensured the spirit of this special pack is the same, so enjoy those delicious **gluten free cookies** from **Shine Baking Co.**! Wishing you all a fantastic holiday season. Take the time to relax, enjoy, gather, celebrate traditions and eat delicious local food. **See you in 2019!**

Get the Kids in the Kitchen!

Over the holidays invite your children into the kitchen with you. They will likely be keen to help knowing that the food may be shared with friends and family. Kids take pride in helping and showing off what they can do, so enjoy your time together and let them stir, chop, mix, and plate those special snacks and meals!

Food for Thought

If you haven't already heard about the huge impact of food waste in environmental and climate change discussions, you soon will. This is one issue we can all do something about. One way to reduce your food waste at home is to freeze peels and chopped ends of all veggies and make your own vegetable broth. Onion skins in particular will give your broth a nice rich brown colour!

Nutrition Report

Pasta often gets a bad rap for being unhealthy. However, its okay when eaten in moderation and it can provide you with fibre and many other fortified nutrients. Pasta is an excellent meal before physical activity, giving you that extra bit of power and stamina to perform well.



this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Shine Baking Co.

shinebakingco.com

Amanda's Country Bakery

amandascountrybakery.ca

Am Braigh Farm

ambraighfarm.com

Landman Gardens & Bakery

landmangardens.ca

John's No Frills

[Shelburne ON](#)

