



Module 1: Pediatrics

Group 1

Butternut Squash Mac & Cheese

Prep time: 20 minutes

Cook time: 10 minutes

Total Time: 30 minutes

Yield: 6-8 servings

This healthier Butternut Squash Mac and Cheese recipe is made with lots of good-for-you squash, it's easy to make in just 30 minutes, and it's SO cozy, creamy and delicious.



EQUIPMENT

- ☐ Pot for pasta, strainer
- ☐ Sauté pan or skillet
- ☐ Knife, cutting board
- ☐ Measuring cups (liquid and dry), spoons
- ☐ Blender
- ☐ Cooking spoons
- ☐ Fork
- ☐ Vegetable peeler

INGREDIENTS

- 2 tablespoons olive oil
- 3 large cloves garlic, minced
- 1 pound (about 4 cups) diced butternut squash
- 1 1/2 cups vegetable stock (or chicken stock)
- 1 pound uncooked whole wheat pasta
- 2 cups 2% milk
- 8 ounces sharp cheddar cheese, shredded
- Salt and pepper, to taste

INSTRUCTIONS

1. Bring a large pot of generously-salted water to a boil. Add the pasta to the boiling water and cook according to package instructions until al dente. Reserve 1 cup of the starchy pasta water for later. Then drain the pasta.
2. Meanwhile, heat the olive oil in a separate large sauté pan. Add the garlic and sauté for 1 minute, stirring occasionally. Then add in the butternut squash and vegetable stock and stir to combine. Continue cooking until the stock reaches a simmer. Reduce heat to medium-low, cover and cook for 10 minutes, stirring occasionally, until the squash is tender and mashes easily with a fork.
3. Transfer the squash (not the broth) to a blender. Add in the milk and give the mixture a quick stir. Then very carefully (I recommend slightly opening the cap on the blender lid, so that excess steam can escape) pulse the mixture until smooth.
4. While the pasta is cooking, return the butternut squash mixture back to the sauté pan over medium-high heat. Add in the shredded cheddar cheese, and stir until it has melted into the sauce.
5. Taste and season the sauce with salt and pepper as needed. (I used about 1 teaspoon of salt and 1/2 teaspoon black pepper.)
6. Then once the pasta is drained, return it to the pot. Pour the butternut cheese sauce on top of the pasta, and toss to combine. If the sauce is too thin, add in some of the hot starchy pasta water to thicken it.

**Butternut squash options:*

The recipe above is written for raw butternut squash. But if you happen to have pre-cooked butternut squash or canned butternut squash on hand, you can use it to save yourself some time! You will need 1 pound of cooked squash, which is about 2 cups mashed cooked squash or one (15-ounce) can of butternut squash. Just stir it into the garlicky butter, skip the step where you cook it for 10 minutes, and transfer the butternut mixture straight to the blender and continue on with the recipe as written.

Nutrition Information per Serving:

Calories 387 | Total Fat 12g | Saturated Fat 4.5g | Trans Fat 0.1g | Polyunsaturated Fat 0.5g | Monounsaturated Fat 3g | Cholesterol 23 mg | Sodium 145mg | Carbohydrate 53g | Dietary Fiber 7g | Sugar 7g | Protein 16g | Iron 0.1mg | Potassium 120mg



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Dessert Tacos

Prep Time: 25 minutes
Cook Time: 5 minutes
Total Time: 30 minutes
Servings: 8 servings

This crepe batter can be used for both sweet crepes like these Dessert Tacos or savory dinner crepes with a filling of chicken, beef, pork, or veggies.



EQUIPMENT

- ☐ Mixing bowls
- ☐ Bowl and whisk or blender
- ☐ Nonstick skillet
- ☐ Knife, cutting board
- ☐ Can opener
- ☐ Measuring cups (dry and liquid), spoons
- ☐ Spatula

INGREDIENTS

Crepe:

- 2 large eggs
- ½ cup 2% milk
- ¾ cup water
- ¼ teaspoon salt
- 2 tablespoons olive oil
- 1 cup flour, whole wheat

Filling:

- 1 ½ cup Greek yogurt, plain
- ½ cup strawberries
- ½ cup raspberries

Whipped Topping:

- 1 ½ cup coconut milk (full fat) - refrigerated overnight
- ¼ cup sugar
- ½ teaspoon coconut extract

INSTRUCTIONS

1. Mix all crepe ingredients (eggs through flour) together in a mixing bowl to make the batter.
2. Heat skillet over medium heat.
3. Pour 1/3 cup of batter into the skillet and cook until both sides are browned and the middle is cooked through.
4. Cut strawberries into slices. Spread yogurt and berries onto crepes and roll up or fold into quarters.
5. For whipped topping: Coconut milk can should be refrigerated overnight to chill and solidify. When you open the can, it should be solid on top. Scoop out solid coconut milk into a mixer and add sugar, coconut extract. Whip with a hand mixer until fluffy, a few minutes. This coconut milk topping is a dairy-free alternative to whipped cream or Cool-Whip (which could also be used).

Nutrition Information per Serving:

Calories 220 | Total Fat 11g | Saturated Fat 7g | Trans Fat 0g | Polyunsaturated Fat 0.6g |
Monounsaturated Fat 3g | Cholesterol 48 mg | Sodium 120mg | Carbohydrate 22g | Dietary Fiber 3g |
Sugar 11 g | Protein 6g | Iron 1.5 mg | Potassium 60 mg