

## Brown Rice Pasta “Mac N Cheese”

1-15 oz package	pre cube butternut squash (or 1 medium butternut squash)
1-12 oz package	brown rice penne pasta
1 - 4 oz can	spicy chopped green chilis (or mild if you don't like spicy food)
1/2 c to 3/4 c	vegetable broth
1/2 c	light coconut milk
1 tsp	garlic powder
1 tsp	olive oil
1/4 c	nutritional yeast
1/4 tsp	salt
1/4 tsp	ground pepper



Cook penne pasta according to package directions. In the meantime coat the pre-cubed butternut squash with olive oil and cook at 400 degrees for approx. 15 to 20 minutes or until squash is very tender.

In a food processor or blender combine the cooked squash, 1/2 c vegetable broth, garlic powder, salt and pepper. Blend until smooth add the 1/2 c light coconut milk and the nutritional yeast and blend for a few seconds longer. At this point the butternut squash mixture should be smooth and be thin enough that it looks like cheese sauce. if it is too thick add a little more vegetable broth until you get the proper texture. Pour the butternut squash mixture over the pasta as well as the can of green chilies and mix until the pasta is completely coated and the green chilies are evenly distributed. Serve immediately.

Servings: 6  
Calories 277  
Fat 3.3 g  
Carbs 54.2 g  
Protein 7.7 g  
Fiber 7.2 g