

Butternut Mac and Cheese

1 medium butternut squash (3 lbs.)
3 tbs. olive oil
2 cups of chopped onions
1 lb. pasta, cooked al dente
2 tbs. butter
1/2 cup whole milk
1/2 cup heavy cream
4 cups grated cheese (I used 3 cheddar and 1 cup brought from Amsterdam by Lee)
1/8 tsp. nutmeg
1 1/2 tbs. salt
pepper to taste
grated Parmesan cheese

Preheat the oven at 450°, cut butternut squash in half, and place it facedown on an oiled sheet. Bake for 45 minutes, remove from the oven, let the squash cool, and scoop out the flesh.

In a pan, heat 2 tbs. of oil, and cook the onions until they're sweaty—still a bit firm and crunchy—approximately 5 minutes.

Mix the onions in a bowl together with the milk and cream, grated cheese, nutmeg, salt and pepper.

Toss the al dente pasta with 2 tbs. of butter and combine this with the mix.

Pour into an ungreased 9x11 (or 9x13) pan and bake uncovered for 15 minutes at 400°.

Serve hot.