



Ooey, Goopy, Healthier Mac and Cheese

PAIRS WONDERFULLY WITH A BOTTLE OF OUR BERGHOLD MERLOT

Satisfy your family's favorite comfort food craving with this lighter, veggie-packed version.



Olive oil cooking spray

10 oz. fresh broccoli florets, cut into 1-in. pieces

10 oz. cauliflower florets, cut into 1-in. pieces

10 oz. butternut squash, cut into ½-in. dice

10 oz. quartered Brussels sprouts

1 ½ tsp. olive oil

¾ tsp. kosher salt

12 oz. whole-grain elbow pasta

1 ½ Tbsp. butter

¼ cup minced onion

¼ cup all-purpose flour

2 cups fat-free milk

1 cup reduced-sodium chicken or vegetable broth

Freshly ground black pepper to taste

5 oz. freshly grated white sharp light cheddar cheese (such as Cabot) (about 1¼ cups)

4 oz. freshly grated creamy Havarti cheese (about 1 cup)

2 Tbsp. freshly grated Parmesan cheese

1. Preheat oven to 425°F. Line 2 large bak-ing sheets with aluminum foil, and coat with olive oil spray. Toss broccoli, cauli-flower, squash, and Brussels sprouts with olive oil, and season with salt". Spread vegetables in an even layer on prepared baking sheets. Bake at 425°F for 25 to 30 minutes, stirring vegetables and rotating pans halfway through cooking time, until vegetables are soft and have begun to brown around the edges.
2. While vegetables roast, bring a large pot of water to a boil. Cook pasta accord-ing to package directions, omitting fat and salt. Drain, and set aside.
3. Melt butter in a medium saucepan over medium. Add onion, and cook over low about 2 minutes. Add flour, and cook an-other minute or until the flour mixture is golden and



well combined. Add milk and broth; whisk, increasing heat to medium-high until mixture comes to a boil. Cook about 3 to 4 minutes or until it thickens slightly, and then season with pepper.

4. It. Remove pan from heat; add cheeses, and mix well until cheeses are melted. Add cooked pasta, and mix well; fold in roasted vegetables.