

## Baked Mac n Cheese

2 tablespoons vegetable or olive oil  
1 tablespoon butter, (add another table spoon oil for vegan recipe)  
3 tablespoons flour  
1 1/2 cups whole, 2% (rice milk for vegan recipe)  
2 cups shredded cheddar cheese (omit and add ½ block firm tofu, crumbled, for vegan recipe)  
1 cup pumpkin or squash puree  
1/2 teaspoon nutmeg, ground or freshly grated  
1/4 teaspoon ground cayenne pepper, a couple pinches  
Salt  
1 pound elbow macaroni, (cooked al dente, approx. 6-7 min.)  
1 cup bread crumbs, (crumbled rice cakes for vegan recipe)

### Directions:

Preheat oven to 375°F.

Heat a medium, deep skillet over medium heat. Add oil and butter. When butter melts into the oil, add flour and combine. Gently cook, whisking flour and butter together, until smooth and flour has had a chance to cook, about 3 minutes. Slowly add milk while mixing. Gently bring milk to a simmering boil while stirring, and then turn down heat to simmer. Allow the milk to thicken a bit, then stir in pumpkin or squash puree and cheddar cheese. Add nutmeg and cayenne. Salt to taste. Add cooked pasta to sauce and fold till completely incorporated. Transfer to a baking dish and top with breadcrumbs. Place baking dish in oven for 20 min.