Garden Squash and Carrot Mac’n Cheese
Serves 12-15 children

Ingredients
- 4 large carrots, peeled and cut lengthwise
- 250 ml (1 cup) red split lentils
- 375 g (3 cups or 1 small box) macaroni
- ½ onion diced
- 1 clove garlic minced (or ¼ tsp garlic powder)
- ¼ cup butter or margarine
- 2.5 ml (½ tsp) each of turmeric, cumin, coriander, paprika (spices optional)
- 2.5 ml (½ tsp) each of salt and pepper
- 2 tbsp flour
- 3 cups milk
- 250 ml (1 cup) butternut squash/pumpkin/any squash, cooked and mashed (or canned pumpkin puree)
- 320 g (3 cups or 1 bag pre-shredded) cheddar cheese or cheese blend

Directions
1. In a large pot, boil carrots for 15 minutes.
2. Add split peas and macaroni to boiling water (with carrots) and boil until noodles and split peas are cooked.
3. Drain water and pour cooked carrots, noodles and split peas into a separate bowl.
4. Remove carrots and mash.
5. In the same pot, sauté the onion, garlic, salt, pepper and seasonings (if using) in butter/margarine over medium heat, until onions are translucent.
6. Stir in flour and cook for 1-2 minutes.
7. Slowly whisk in milk. Bring the sauce to a simmer until it begins to thicken.
8. Whisk the mashed carrots and squash (or pumpkin puree) into the sauce.
9. Stir in cheese, cooked macaroni and split peas. Enjoy!

Tips
- Cut carrots in long pieces so they cook fast and are easy to remove
- Try this recipe with different vegetables: cauliflower, parsnips, yam, broccoli, peas, green beans, etc.
- You could add meat: chicken, ham, bacon, canned tuna etc.
- You could try different cheese: gouda, monterey jack, swiss, mozzarella, or even add cottage cheese.
- What could you do with leftover pumpkin? Muffins, cookies, pancakes, soup, sauces, casserole…
- Kids can help…peel carrots, measure, mash carrots, stir in cheese and noodles.