Ingredients
- 3 carrots, peeled and sliced
- 1 small head of cauliflower, cut into pieces
- 2 cups frozen butternut squash pieces
- 1/2 cup milk
- 1 tsp salt
- 2 cups shredded cheddar cheese
- 8 oz. cream cheese
- 4 TBS butter
- 16 oz. elbow pasta

Directions
6. Cook the cauliflower and carrots covered in a saucepan filled about a 1/4 of the way with water for about 5-7 minutes. Add the squash and cook 2-3 minutes more. Drain the veggies and let them cool for a minute.
7. Meanwhile, cook the pasta according to the package directions.
8. Put the veggies in the blender with about 3/4 cup of water and puree until smooth. Add the puree to a large sauce pan. On medium-low heat, add in the milk, salt, cheddar, butter and cream cheese and stir until melted.
9. Drain the pasta, add to the sauce and stir.
10. That’s it! A dish that’s good for picky eaters and the whole family. Enjoy!

Hidden Vegetable Mac & Cheese