



## Sweet Potato Mac and Cheese

### Ingredients

- 16 ounces whole wheat elbow macaroni (or any other kind of pasta)
- 1 1/2 cups mashed sweet potatoes
- 2 cups skim milk
- 3/4 cup reserved pasta water
- 3/4 cup plain non-fat Greek yogurt
- 1/4 teaspoon salt
- 2 cups shredded Colby-Jack cheese
- 3/4 cup whole wheat bread crumbs
- 2 teaspoons olive oil
- 1 teaspoon oregano

### Directions

1. Preheat oven to 375 degrees. Coat a 9x13 dish with baking spray.
2. Bring a large pot of water to boil. Add the macaroni noodles and cook until tender but still a bit firm. Reserve  $\frac{3}{4}$  cup of pasta water. Drain pasta in colander and set aside. Toss with a little olive oil to keep from sticking.
3. Place the sweet potato flesh, milk, pasta water, yogurt and salt into a blender and blend until smooth.
4. Pour the milk mixture into the same pot that pasta was cooked in. Stir frequently over medium-high heat and cook until mixture is almost simmering. Turn to low and slowly whisk in the cheese a little bit at a time. Stir until mostly melted and smooth.
5. Add the cooked macaroni to the cheese sauce and stir to combine. Transfer the macaroni and cheese to the baking dish.
6. Combine bread crumbs, olive oil and oregano in a small bowl. Sprinkle over top of the macaroni and cheese.
7. Bake for about 20 minutes, until the top is lightly browned.

**NUTRITIONAL INFORMATION: (Amount per cup serving)** *Serves: 12, Calories: 254, Fat: 8g, Saturated fat: 4g, Cholesterol: 18mg, Sodium: 231mg, Carbohydrates: 34g, Fiber: 4g, Protein: 12g, Potassium: 263mg*

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