The recipe below is an alternative for mac n' cheese, with 2 cups of "hidden" vegetables per serving! This can be made in 30 minutes or less, making it a perfect weeknight meal!

Creamy Butternut Squash Pasta

Makes 4 servings

Ingredients:

- 2 pounds cubed butternut squash
- 2 T. olive oil
- Salt and pepper to taste
- 8 oz. penne pasta
- 2 T. unsalted butter
- 2 cloves garlic, minced
- 1 shallot, finely chopped
- 1 T. fresh sage (dried may be substituted)
- 2 T. flour
- ¼ cup milk
- Sliced almonds, optional

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Place butternut squash onto prepared baking sheet. Add olive oil, salt and pepper, and gently toss to combine. Place into oven and roast until softened and cooked through, about 40 minutes. Let cool 5 minutes before pureeing in a blender until smooth.
3. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
4. To make the sauce, melt butter in a medium saucepan. Add garlic, shallot and sage and cook until shallots begin to soften, about 3-4 minutes. Whisk in the flour until lightly browned, about 1 minute. Gradually whisk in the milk and butternut squash puree. Cook, whisking constantly, until thickened, about 2-3 minutes. Stir in the pasta and gently toss to combine.
5. Serve immediately, garnished with almonds and additional sage, if desired.

Nutrition Info Per Serving: 311 Calories; 13.2g Fat; 45g Carbohydrates; 6.3g Protein, 115mg Sodium

October is a time for apple picking, pumpkin carving, watching football, taking a crisp morning jog, jumping in a pile of leaves and much more. Besides being the start of all the fall festivities, did you know that October is also "Eat Better, Eat Together Month". It has been shown that families who eat together are healthier and happier.

By eating together as a family, parents can build a close relationship with their children. Remember to turn off the TV and put away your phones and tablets, and instead use this time to talk, connect, and make memories together. It may be a struggle at first, but children will adapt to it and enjoy the time they have to talk with their family. Meals prepared at home are also usually more nutritious than meals eaten while dining out; fat, sodium, and sugar content tends to be less in homemade meals and we also have more control over our portion sizes. Eating meals at home is not only important for your health, but also important for your budget. It is less expensive to cook meals at home than it is to dine out.

Eating family meals together leads to more nutritious meals and improved communication between children and adults. Be sure to include your children in the meal preparation. Kids love to help prepare food and letting them help will encourage them to feel valued and often times be less picky eaters. If your kids are not fond of vegetables try having them help prepare the food, they may be more likely to try it. If not, trick them. Hiding vegetables in their favorite dishes may be easier than you think.