

Baked Macaroni & Cheese Cups

Prep Time: 5 min

Cooking Time: Stove top: 10 min ; Oven: 15 min

Makes 12 Muffin Cups

Ingredients

- 1 3/4 cups uncooked whole-grain elbow macaroni (about 8 ounces)
- 1 tablespoon plus 1/2 cup grated Parmesan cheese, divided
- 1 tablespoon butter
- 1/3 cup panko (Japanese-style) bread crumbs
- 2 large eggs
- 3/4 cup 1% low-fat milk
- 1/3 cup plain low-fat yogurt
- 1 4 oz. jar of Organic Butternut Squash baby food
- 1 1/2 cups shredded cheddar cheese (about 6 ounces)
- 1/4 teaspoon salt

Directions

1. In a medium sauce pan, cook pasta until al dente according to package directions, omitting salt. Drain pasta and return to pot.
2. While pasta is cooking, preheat oven to 375 degrees.
3. In a medium skillet, heat butter over medium heat. Stir in bread crumbs and cook until browned, stirring regularly. Add one tablespoon Parmesan cheese into the toasted bread crumbs. Remove from stove.
4. In a medium bowl, lightly beat eggs. Stir in milk, yogurt and squash.
5. Once pasta is cooked, stir in cheddar cheese and 1/4 cup of Parmesan cheese. Add egg mixture to the pasta mixture. Mix well.
6. Divide the mixture among 12 medium non-stick muffin cups.
7. Sprinkle tops with bread crumb mixture and bake until set, about 15 minutes. Let cool for 5 minutes before unmolding.