Butternut Squash Macaroni and Cheese

1 medium butternut squash or 2 small acorn squash
1 lb. elbow macaroni or penne rigate
½ tsp. dry mustard
3 cloves garlic, minced
¼ tsp cayenne pepper
¼ tsp dry nutmeg
¼ tsp. black pepper
2 Tb. flour
2 cups grated sharp Cheddar cheese
1 cup grated Gruyere cheese
1 ½ cups milk
2 Tb. butter
1 cup bread crumbs
Parmesan cheese

Cut squash in half and roast on a baking sheets at 400 F. until soft, 45 minutes – 1 hour. (Ours is already cut in chunks and won’t take that long, maybe 15 – 20 minutes or so.) Remove from oven and set aside until cool enough to handle.

Bring large pot of water to boil. Cook pasta until al dente, about 8 – 10 minutes. Drain and return to the cooking pot; toss with a little olive oil to keep pasta from clumping together.

Meanwhile, remove seeds and stringy pulp from centers of squash halves and compost. (You don’t need to do this). Scoop out the squash and mash in a large bowl until pureed. Add seasonings and flour to the squash and mix well. Add cheeses and milk and mix well. Add the pasta and toss until the pasta is evenly coated with the squash mixture.

Spray 13” x 9” pan with cooking spray. Spread pasta mixture evenly in the pan. Melt butter and toss with the breadcrumbs. Sprinkle the bread crumbs evenly on top of pasta; then grate a thin layer of fresh Parmesan on top. Bake at 375° until bubbly and browned on top, about 30 minutes. Let cool slightly before serving.