Sweet Potato Mac and Cheese

Total Cook Time: 35 minutes  Servings per recipe: 9
Serving size: 1 cup  Prep time: 3 minutes

Ingredients:
- 1 box (16 ounce) whole wheat pasta
- 2 Tablespoons butter
- 2 Tablespoons all-purpose flour
- 2 ½ cups low fat milk
- 1 cup shredded reduced fat cheddar cheese
- ½ teaspoon salt
- 1 (16 ounce) can sweet potatoes, rinsed, drained & mashed (or 2 cups mashed, cooked sweet potato)
- ¼ cup whole wheat bread crumbs

Directions:
- Cook pasta according to package directions. Preheat oven to 375°F. Coat a 9”x13” baking dish with nonstick spray
- Melt butter in a pot. Whisk in flour. Gradually whisk in milk to prevent lumps from forming. Bring to a boil and cook until mixture thickens, stirring constantly, about 5 minutes. Add cheddar cheese, salt, and sweet potatoes. Whisk until smooth
- Stir cheese mixture into pasta. Transfer to baking dish. Sprinkle top with breadcrumbs. Bake until bubbly and breadcrumbs start to brown, about 20 minutes.

Pear & Pomegranate Salsa

Ingredients:
- 1 Pomegranate, seeded
- 2 ripe pears, diced
- 1 small or ½ medium red onion, diced
- ½ lime, juiced
- 1 bunch cilantro, chopped
- Pinch of salt

Directions: Toss together all ingredients and serve with scoops. Recipe can be made a day ahead!

Banana Snowmen
Ingredients: Makes 4 pops
- 2 bananas
- 4 strawberries
- Handful mini chocolate chips
- 4 marshmallows
- 1 carrot
- 6 small pretzels sticks

Directions
1. Peel the bananas and cut them in half
2. Cut the carrot into small triangular slivers for a pointy nose
3. Trim the stem from the strawberries and cut in half if too big.
4. To assemble, thread the banana on to each skewer followed by a strawberry hat and mini marshmallow. Gently press the chocolate chips into the banana slices to create eyes and the buttons on the body then add the carrot nose.
6. Finally, add the pretzel sticks in the sides of the bananas as arms, and enjoy!
Optional: surround the snowmen with popcorn to look like a snowy, winter scene!

Color below and post on your fridge to celebrate the season!