



Macaroni and Cheese

8 servings

Ingredients

Elbow Macaroni	8 oz.	Salt	1½ tsp.
Salt	½ tsp.	White Pepper	to taste
Water	1¾ Qt.	Cheddar Cheese, grated(1)	2 cups
2 % Milk	2 ½ cups	Bread Crumbs	3 Tbs.
Bread Flour	2 Tbs.	Cheddar Cheese, grated(2)	½ cup
Margarine or butter (1)	3 Tbs.	Margarine, melted(2)	1 Tbs.

Cooking

1. Cook macaroni in salted water for 15-20 minutes. Drain.
2. Make a cream sauce by heating the milk and adding it to a roux made with flour and margarine(1). Make the roux by melting the margarine or butter and stirring in the flour until it bubbles. Cook and stir until thick. Add salt and pepper.
3. Remove from heat, add cheese and stir until melted. Mix macaroni and blend well.
4. Turn into a lightly oiled casserole.
5. Mix cheese (2), margarine (2) and sprinkle bread crumbs over top.
6. Bake for approximately 20-30 minutes in 300 F oven until golden brown.

Note: Regarding using butter vs margarine, butter and margarine have the same amount of fat and calories. Butter is high in saturated fat and margarine can be high in trans fat. If you prefer margarine, choose a brand that does not have trans fats. Trans fats must be listed on the Nutrition Facts labels starting in January, 2006.