



Kickin' Mac & Cheese

Ingredients

2 ½ C. Whole Wheat Noodles, Uncooked
3 T. Butter
1 Small Onion, Chopped (¼ C.)
Pepper
¼ C All-Purpose Flour
1 ¾ C. Milk
8 oz. Monterey Jack with Jalapeno Cheese, Sliced*

Supplies

Large Saucepan (for Noodles)
Medium Saucepan (for Cheese Sauce)
2-Quart Casserole Dish
Oven

Directions

Cook noodles in boiling water until tender; drain.

While noodles are cooking, melt butter in medium saucepan. Add onion and pepper, sautéing a few minutes over medium heat until onion is slightly tender. Heat milk to room temperature (zapped in the microwave is fine).

Add flour to onion mixture, stirring into paste (this is quick or will start to burn). Add milk to flour paste. Stir constantly, bringing mixture to a boil to allow liquid to thicken. Once liquid has thickened to a creamy consistency, turn burner temperature to low and stir in cheese slices.

Once the cheese has melted, stir noodles into cheese sauce.

Pour into ungreased 2-quart casserole. Bake uncovered in 375°F oven for 20 minutes, or sauce is bubbly.

Notes:

*As long as you have 8 ounces, go with whatever cheese you like best. A spicy one is always fun. I also like the traditional sharp cheddar, a nice Colby, or mix cheeses with half Gouda and half spicy Monterey Jack.

Servings: 6

Prep and Cooking Time: 15 minutes prep; 20 minutes bake

