



BEST HOMEMADE MACARONI AND CHEESE

January 11

National Milk Day



INGREDIENTS

- 16 Ounces Elbow Macaroni (enriched or whole grain)
- 6 Tablespoons Salted Butter
- 1/3 Cup Grated Onion
- 2 Teaspoons Dry Mustard
- 1/4 Teaspoon Pepper
- 6 Tablespoons All-Purpose, Enriched Flour
- 3 1/2 Cups Milk
- 1 3/4 Cups Heavy Cream
- 16 Ounces Shredded Cheddar Cheese

DIRECTIONS

1. Preheat the oven to 350 degrees and prepare the macaroni according to the package directions.
2. Melt butter in a large saucepan over medium heat. Add onion, dry mustard, and pepper. Cook, stirring, for 30 seconds.
3. Add flour, and cook, stirring, until golden, 2 minutes.
4. Gradually whisk in milk and cream. Bring to a boil, whisking occasionally. Reduce heat to medium-low; simmer, whisking, until slightly thickened, 5 minutes.
5. Remove saucepan from heat; stir all the shredded Cheddar cheeses except 1/4 cup (reserved for topping).
6. Stir in pasta and diced cheeses; pour into a lightly greased 13- x 9-inch (3-quart) baking dish.
7. Bake on a rimmed baking sheet in preheated oven until bubbly and golden, 30 minutes.
8. Remove from oven; increase oven temperature to broil. Sprinkle with reserved shredded cheeses; broil 6 inches from heat until cheeses are melted and golden, about 2 minutes. Remove from oven; cool slightly on a wire rack, about 15 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

10 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/3 Cup	1/2 Cup	2/3 Cup	1 1/3 Cups