

## Senior Dairy Foods

### Deluxe Macaroni and Cheese

#### You'll Need:

1/3 cup dry breadcrumbs  
1 ½ cups macaroni, uncooked  
1 ½ tablespoons butter  
3 ½ tablespoons all-purpose flour  
2 cups 1% milk, warmed  
1/8 teaspoons black pepper  
1/8 teaspoon nutmeg  
1/8 teaspoon paprika  
2 cups shredded 2% cheddar cheese  
½ cup parmesan cheese, shredded  
Non-stick spray  
Extra paprika for color

#### Take Out:

Large baking dish  
Large pot  
Dry measuring cups  
Liquid measuring cup  
Small sauce pan  
Measuring spoons  
Large sauce pan  
Wooden spoon  
Mixing spoon

*Wash hands for at least 20 seconds with soap under warm running water.*

1. Preheat oven to 375 degrees F.
2. Spray baking dish with non-stick spray.
3. Cook macaroni in large pot according to package directions. Drain and rinse with cold water after cooking.
4. While macaroni is cooking, warm milk in small saucepan over medium heat.
5. In large saucepan, melt the butter over medium heat. Add the flour and cook while stirring for 1 minute. Slowly pour in the warm milk, stirring constantly. Continue cooking until mixture comes to a boil and thickens.
6. Remove from heat. Stir in the cooked and drained macaroni, the pepper, nutmeg, paprika, 1 ½ cups of cheddar cheese and the parmesan.
7. Pour into prepared baking dish and sprinkle with remaining cheddar cheese. Top with bread crumbs and sprinkle with a little extra paprika.
8. Bake 30 minutes. Allow to stand 5 minutes before serving.

**8-3/4 cup servings**

#### **Nutrient Analysis:**

Calories: 277

Fat: 15 grams

Sodium: 336 milligrams

Carbohydrate: 22 grams

Saturated fat: 9 grams

Fiber: Less than 1 gram

Protein: 13 grams

Cholesterol: 43 milligrams