

MACARONI AND CHEESE CASSEROLE

Oven: 350° F
Time: 15 mins.
Serves: 2

Ingredients:

Pasta:

205 mL macaroni (125+80)
5 mL salt

Topping:

50 mL grated cheddar cheese
25 mL dry bread crumbs
10 mL margarine, melted
1 mL parsley (optional)

White Sauce:

30 mL margarine
30 mL flour
225 mL milk
200 mL grated cheddar cheese
1 mL seasoned salt, parsley
1 mL italiano, garlic powder

Sat and Pepper to taste

Method:

1. Preheat oven to 350° F. Grease casserole dish.
2. Fill a pot $\frac{1}{2}$ full of water, add salt and bring to the boil. Add macaroni and lower the temperature to medium high, cook **uncovered** for about 8 minutes or until al dente (keep the pasta at a low boil). Stir so the macaroni does not stick. Drain macaroni in metal sifter and do not rinse.
3. In a small pot, melt margarine over med-high heat. Whisk in flour and cook for 1 min to make a roux. Add $\frac{1}{2}$ of the milk and whisk till smooth. Once it has thickened whisk in the rest of the milk and cook for 1 min **ONLY** till thickened. **TAKE OFF THE HEAT** and add $\frac{3}{4}$ of the grated cheese and spices and whisk till cheese is melted.
4. Add the macaroni to the sauce. Taste and season with any extra salt and pepper if needed. Stir and then pour into the greased casserole dish.
5. Melt margarine in a custard cup for 10 seconds in the microwave and mix with bread crumbs. Sprinkle the top of the mac and cheese with the bread crumbs and then the rest of the grated cheese.
6. Bake uncovered for 15 mins until bubbly and the bread crumbs and cheese are golden.

