



# Baked Mac 'n Cheese

serves 4



## Ingredients:

### Pasta

2 1/4 cups elbow macaroni  
3/4 tsp Canola Oil

### Cheese Sauce

1/4 tsp Kosher salt  
1 dash Ground White Pepper  
1 whole peeled minced garlic clove  
1 dash ground mustard  
3/4 cup 2% Reduced fat milk  
2 slices American cheese  
1/2 cup shredded mild cheddar cheese

### Butter roux

1/4 oz unsalted butter  
1tbl all purpose flour

## Preparation - Butter Roux

1. Melt butter in a saucepan over MEDIUM heat
2. Using a soup paddle, add the flour until fully incorporated
3. Cook roux until light brown while continuously stirring with soup paddle
4. Remove from heat to cool. Set aside

## Preparation - Cheese Sauce:

1. Mince garlic
2. In large steam kettle on HIGH add butter roux and heat until roux is hot
3. Add Kosher salt, ground white pepper, minced garlic and dry mustard and with a wire whisk, STIR to combine with the roux.
4. Slowly add the 2% milk while continuously stirring and bring roux/milk mix to a boil. Reduce heat to LOW and simmer until flour taste is cooked out of mixture
5. Turn heat OFF and in a mixer puree sauce while slowly adding American cheese slices and shredded cheese. Continue to mix until cheese is melted and sauce is smooth.
6. Set mixture off to the side

## Preparation - Pasta:

1. In a large stock pot, add water and bring to boil
2. Carefully pour elbow macaroni into boiling water and immediately stir with a slotted spoon
3. Once pasta has become all dente, pour pasta and water into a colander and run cold water over pasta until it is completely cooled.
4. Once cooled, pour canola oil over pasta and stir to coat evenly.
5. Add cheese sauce and stir
6. (optional) Top with Panko bread crumbs and extra shredded cheese