

## MAC AND CHEESE

1 pound pasta - elbow macaroni, penne or rotini  
6 ounces each - swiss, cheddar, mozzarella, shredded  
3 ounces roquefort or any bleu cheese (optional)  
1 quart whole milk  
7 Tablespoons butter  
5 Tablespoons flour  
2 or 3 dashes hot sauce  
1 1/2 cups fresh bread crumbs or Panko  
Salt & Pepper

Preheat oven to 375. Butter a 13X9 baking dish.

Bring a large pot of water to a boil with a liberal dash of salt. Cook the pasta just until al dente. You will be baking it, so don't overcook at this stage. Drain and return to the pot. Warm the milk but do not let it boil.

Melt the 5 Tablespoons of the butter in a saucepan, add flour and whisk for 2 or 3 minutes. Whisk in the warm milk and stir until thickened. Off the heat, stir in the cheeses, mixing until melted. Season with hot sauce, salt and pepper. Fold in the pasta.

Toss breadcrumbs or Panko with the remaining 2 Tablespoons of melted butter and sprinkle over the pasta. Bake for 20 to 30 minutes until breadcrumbs are toasty and the cheese sauce is bubbly.

Leftover mac and cheese can be sliced and sautéed, topped with an egg for breakfast or a grilled sausage for lunch.

*Recipe courtesy of Merianne Myers/North Coast Food Web*



### **North Coast Food Web**

*Cultivating healthy communities  
and a vibrant local economy  
through food and agriculture*

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