HOMEMADE MACARONI & CHEESE

SERVES 4-6

Preparation time: 20 minutes
Cook time: 30 minutes

INGREDIENTS

½ of 8-ounce package whole grain or regular elbow macaroni
3 tablespoons margarine or butter
3 tablespoons all-purpose flour
2½ cups 1% or skim milk

½ teaspoon salt
1/8 teaspoon pepper
2 cups (8 ounces) shredded Cheddar cheese
½ cup bread crumbs (Optional)

DIRECTIONS

1. Cook macaroni according to the package directions. Drain.
2. In a saucepan, melt 2 tablespoons butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly.
3. Stir in cheeses and cook over low heat until cheese is melted and the sauce is a little thick.
4. Put macaroni in large casserole dish and pour sauce over macaroni. Stir well.
5. Melt 1 tablespoons butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover.
6. Bake at 350 degrees for 30 minutes.

SIMPLY GOOD EATING

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