

HEALTHY MACARONI AND CHEESE

Preparation: **15** mins. | Cooking: **10** mins. | Servings: **8**

INGREDIENTS

8 ounces pasta (your choice of penne macaroni, cavatappi, orecchiette, or other shapes)

Tip: Use Banza pasta for extra protein or gluten-free pasta if needed/desired

1 ¾ cup (if baking) or 1 ¼ cup (if not baking)

grated sharp cheddar, divided

1 ¼ cup 1% or 2% milk

3 tablespoons all-purpose flour or 1-to-1 gluten free flour blend

1 ½ tablespoon unsalted butter



INSTRUCTIONS

Cook your pasta according to package directions in heavily salted water and then drain. If you are baking your mac and cheese, preheat your oven to 375 degrees and grease an 8x8-inch baking pan with butter or non-stick cooking spray. To make the cheese sauce, melt the butter in a saucepan over medium heat just until it starts to foam. Add the flour to the butter and whisk vigorously for 1-2 minutes or until the mixture smells warm and nutty. If the flour coats the bottom of the pan and starts to turn golden brown, turn the heat down to medium-low. Pour the milk into the saucepan while continuing to whisk the roux. Cook for another 2-3 minutes, whisking nonstop or until the sauce thickens up and you can see the bottom of the pot when you whisk it. Turn the heat to low. Add in 1 ¼ cup of the shredded cheese and salt. Whisk vigorously for 15-30 seconds or until the cheese is smooth and creamy. Remove the pot from the heat. Stir the drained pasta into the cheese sauce and gently fold it in until combined. If you are not baking the pasta, serve the macaroni and cheese hot! If you are baking the pasta, pour the macaroni and cheese into the greased baking dish and bake for 21-23 minutes or until the cheese on top turns golden brown. Remove from the oven and serve hot.