

MACARONI AND CHEESE

CHEESE SAUCE

30 mL Margarine	(2 Tbsp)
30 mL Flour	(2 Tbsp)
f.g. Salt and Pepper	
5 mL Dill	(1 tsp)
5 mL Basil	(1 tsp)
250 mL Milk	(1 cup)
250 mL Cheddar cheese, grated	(1 cup)

1. Melt margarine in a small saucepan on low heat (#3).
2. Add flour and seasonings. Whisk together until smooth. It will resemble a paste until the milk is added.
3. Add milk a little at a time. Keep whisking as you add all the milk so that the mixture doesn't have any lumps!
4. Increase heat to medium (#4 or #5), continue stirring the sauce until it is thick and smooth.
5. Add grated cheese, stirring until melted.

MACARONI

375 mL macaroni (1½ cups)

1. Fill large saucepan about $\frac{3}{4}$ full of water. Add salt. Bring to a boil (on high!).
2. Add macaroni. Stir with a wooden spoon to prevent clumping and sticking. Cook until macaroni is just barely cooked – “al dente”.
3. Drain using a colander. Return to cooking pot that is still warm and add cheese sauce. Stir.

BUTTERED CRUMBS

60 mL Bread crumbs	(¼ cup)
15 mL Margarine	(1 Tbsp)
15 mL Parmesan cheese	(1 Tbsp)

1. Melt margarine in a microwave safe bowl. Add crumbs and parmesan cheese until mixed together thoroughly.

TO ASSEMBLE CASSEROLE:

1. Preheat oven to **400°F** (200°C).
2. Grease a casserole dish with PAM. Fill with macaroni and cheese sauce.
3. Sprinkle with buttered crumbs.
4. Brown in **HOT** oven, **uncovered** for 6-8 minutes.

Veggies and Skinny Dip

2 carrots

2 celery stalks

Dip: 50 ml plain yogurt

50 ml mayonnaise

50 ml low-fat sour cream

5 ml dill weed

2 ml garlic powder

1. Wash all vegetables thoroughly.
2. Peel and slice carrots with crinkle cutter.
3. Slice celery into sticks.
4. Arrange artfully on a small tray or plate.
5. Make dip by combining ingredients in small glass bowl. Whip with a whisk.
6. Serve in a custard cup with a spoon.