

CHERYL'S MAC AND CHEESE

375 F

12 oz. Elbow OR shells, OR bowties, cooked, drained

In a heavy sauce pan:

1 ½ T butter and 1 ½ T extra virgin olive oil

3 T flour

3 C hot milk (but not boiling)

Cook over med-high heat 5-7 min. stirring often. Remove from heat.

Add:

salt and pepper to taste

½ tsp paprika

1 T dry mustard

Assemble and add to warm sauce:

14 oz grated Sharp Cheddar cheese (save 3 T)

6 oz mild white cheese (Jack or Gouda) (save 3 T)

3 oz sharp blue

½ C freshly grated Parmesan cheese (save 2 T)

½ med. Onion finely diced

In a small frying pan or sauce pan:

3 T olive oil OR butter-melt --when hot add 1 C dry bread crumbs---stir well.

In a casserole dish : spread bottom with 1-2 T sauce (or I just spray with pam)

Add 1/3 of pasta, 1/3 of sauce; 1/3 of pasta, 1/3 of sauce; and then last of pasta and last of sauce.

Top with saved cheese and then sprinkle with bread crumbs. Bake 375 F for 20 25 min.

Enjoy. Almost no calories.

Cheryl