

# Mac & Cheese

## Ingredients

I use a 3-qt casserole dish with a lid  
1 cups shredded Cheddar cheese (the yellow kind)  
1 cup Gruyere, Swiss, or white Cheddar cheese (the white kind)  
2 cups milk  
2 cups noodles (elbow is fine, I like penne or ziti)  
1/2 stick butter plus a TBSP for greasing the casserole dish  
( I actually use Promise or SmartBalance)  
1/4 cup flour  
1/2 tsp salt  
1/2 tsp cayenne pepper  
Some croutons

## Directions

Preheat oven to 350 degrees.

Cook and drain the noodles according to package directions. Rinse.

Butter a casserole dish with 1 TBSP butter.

Put the noodles in the dish.

In a skillet, melt the 1/2 stick butter on medium heat.

Gradually add flour while stirring with a whisk until it becomes a paste (basically a roux).

Slowly add the milk and stir until it begins to thicken.

Add the salt and cayenne pepper.

Set aside 1/4 cup of each cheese for later use.

Add remaining cheese to the skillet and stir until mixed pretty good.

Pour cheese mix over the noodles and mix well.

Top with croutons and the saved cheese.

Cover the casserole dish.

Bake at 350 degrees for 20 minutes or until cheese bubbles. (Don't burn!)

Remove cover.

Set oven to broil at 375 degrees.

Put uncovered dish under broiler for 1-2 minutes, just enough to crust the croutons/cheese. (Don't burn croutons!)

Yum, yum, eat 'em up!