



WHOLE GRAIN MAC & CHEESE

Ingredients (6 Servings)

1 1/2 cups	whole grain macaroni
3 tbsp	non-hydrogenated soft margarine
3 tbsp	all-purpose flour
1/4 tsp	salt
2 cups	milk (skim, 1% or 2%)
2 cups	shredded Cheddar cheese (lower fat medium or sharp)
1/4 cup	dry whole wheat bread crumbs

Ingredients (18 Servings)

4 1/2 cups	whole grain macaroni
9 tbsp	non-hydrogenated soft margarine
9 tbsp	all-purpose flour
3/4 tsp	salt
6 cups	milk (skim, 1% or 2%)
6 cups	shredded Cheddar cheese (lower fat medium or sharp)
3/4 cup	dry whole wheat bread crumbs

Directions

- Preheat oven to 350°F (180°C). Grease 11 x 7 inch (2 L) baking dish.
- Cook macaroni according to package directions until tender to the bite. Drain.
- Meanwhile, in a large heavy saucepan, melt margarine over medium heat. Whisk in flour and salt to make a smooth paste. Whisk in milk, 1/2 cup at a time. Cook, stirring frequently, until sauce thickens, about 5 minutes. (Add more milk if sauce is too thick). Remove from heat and stir in pepper. Stir in cheese until melted. Stir in macaroni until well coated.
- Transfer macaroni and cheese to prepared baking dish. Sprinkle with bread crumbs.
- Bake in preheated oven for about 15 minutes or until topping is golden.