

Mac and Cheze (non-dairy)

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|----------------------------|------------------------------|
| 1 1/4 cup soymilk | 1/2 tsp garlic powder |
| 1 1/2 tsp salt | 1/4 cup ww pastry flour |
| 1/2 tsp paprika-Hungarian | 1/3 cup nutritional yeast |
| 1/2 tsp Splenda (or sugar) | 2 1/4 tsp prepared mustard |
| 1/2 tsp onion powder | 2 1/3 cup dry noodles cooked |



Procedure

- 1 In medium to large saucepan, combine all dry ingredients like flour, nutritional yeast and spices. "Toast" on medium heat for 2-5 minutes, stirring near constantly to prevent burning. Whisk in soy milk. Heat on medium heat until bubbling and thick. Remove from heat and add mustard. Mix into cooked noodles.
- 2 Optional: Put in ovenproof pan, cover and bake for 30 minutes (at about 350 degrees).

Servings: 10

Yield: 1/2 c per serving

Degree of Difficulty: Easy

Nutrition Facts

Serving size: 1/10 of a recipe (2.4 ounces).

Amount Per Serving	
Calories	121.93
Calories From Fat (7%)	8.13
% Daily Value	
Total Fat 0.9g	1%
Saturated Fat 0.01g	<1%
Cholesterol 0mg	0%
Sodium 382.68mg	16%
Potassium 39.18mg	1%
Total Carbohydrates 20.81g	7%
Fiber 3.1g	12%
Sugar 2.16g	
Protein 7.62g	15%

Macaroni & Cheese (dairy based)

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|------------|--|--------|--|
| 1 2/3 cups | (about 7 oz.) dry small elbow macaroni, cooked and drained | 1 cup | water |
| 2 Tbs | cornstarch | 2 Tbs | butter or margarine |
| 1 tsp | salt | 2 cups | (8 oz.) shredded sharp cheddar cheese, divided |
| 1/2 tsp | dry mustard | | |
| 1/4 tsp | ground black pepper | | |
| 1 | can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk | | |



Procedure

- 1 Preheat oven to 375° F. Grease 2-quart casserole dish.
- 2 Combine cornstarch, salt, mustard and pepper in medium saucepan. Stir in evaporated milk, water and butter. Cook over medium-high heat, stirring constantly, until mixture comes to a boil. Boil for 1 minute. Remove from heat. Stir in 1 1/2 cups cheese until melted. Add macaroni; mix well. Pour into prepared casserole dish. Top with remaining cheese.
- 3 Bake for 20 to 25 minutes or until cheese is melted and light brown.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (5.8 ounces).

Amount Per Serving	
Calories	337.91
Calories From Fat (56%)	187.62
% Daily Value	
Total Fat 21.36g	33%
Saturated Fat 13.31g	67%
Cholesterol 68mg	23%
Sodium 691.16mg	29%
Potassium 265.98mg	8%
Total Carbohydrates 20.76g	7%
Fiber 0.54g	2%
Sugar 6.93g	
Protein 15.76g	32%

Source

Source: Nestlé

Web Page: www.verybestbaking.com

