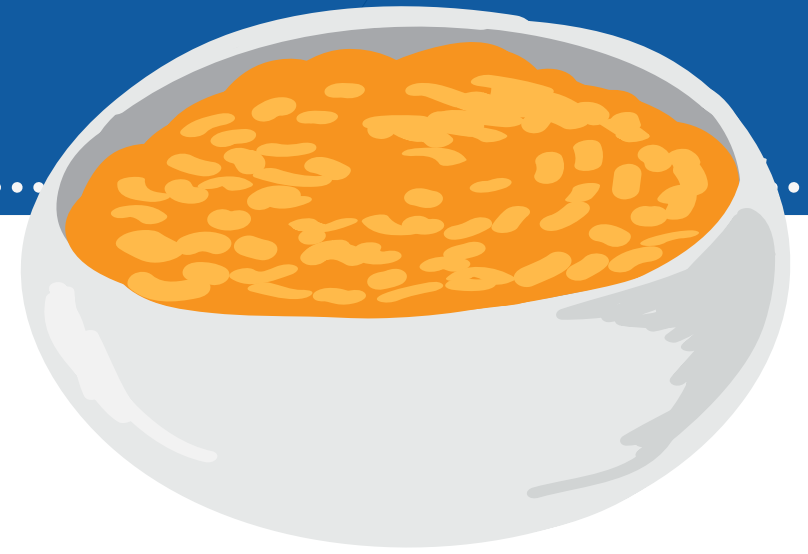


Macaroni and Cheese



Yield: 5 Servings

Oven Temperature: 400 F

- Cook macaroni according to package directions
- Place cooked macaroni into a greased casserole dish.

CHEESE SAUCE

20 ml (4 tsp) butter

20 ml (4 tsp) flour

few grains of pepper

250 ml (1 cup) milk

250 ml (1 cup) grated, old cheddar cheese

- In a small saucepan, add butter and turn dial to medium heat and melt butter.
- Stir in flour and pepper.
- Add milk stirring continuously and cook until sauce is thick.
- Remove pot from heat and stir in grated cheese (reserve some cheese for topping).
- Add sauce to the casserole dish and stir gently to coat the macaroni, top with reserved cheese.
- Bake in 400 F oven until cheese has browned.

