

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Luscious Mac and Cheese with Creamy Sauce and Melting Cheese!

No One Will Guess Your Secret: Healthier Mac and Cheese

3 TB Unsalted Butter
2 TB Grated Garlic (Optional)
3 TB Whole Wheat Flour
3 Cups 2% Milk + 3 TB
1 Tsp Dry Mustard
Sea Salt and Freshly Cracked Black Pepper to taste
2 Cups Grated Sharp Light Cheddar
1/2 Cup Grated Parmesan or Romano Cheese + 2 TB
1 1/2 Cups Whole Wheat Pasta, Cooked and Drained
1 (15 OZ) Can of Cannellini Beans, Drained, Rinsed and Pureed
1 Cup Whole Wheat Panko Crumbs
2 TB Minced Parsley or Basil
Butter or Olive Oil Spray

Step One Preheat the oven to 350F. In a stockpot, melt the butter over medium heat. If you're using garlic, add that now and sauté. Whisk in the flour and stir while the flour toasts.

Step Two Pour in the milk, continuously stirring, until the roux has thickened. Season with salt, pepper, and mustard. Add the cheddar and 1/2 cup of the Parmesan cheese a little at a time, stirring until it melts.

Step Three In a food processor, puree the beans with 3 TB of milk and add to the pot along with the pasta. Pour into a casserole dish.

Step Four In a bowl, toss the breadcrumbs with the remaining Parmesan and herbs. Sprinkle over the casse-

role and finish with the butter flavored (or olive oil) spray.

Step Five Bake uncovered for 30-40 minutes, until bubbly and browned at the edges. Remove from the oven and let rest for 15 minutes before serving.

2 Kitchen Smidgen

The yellow Colemans tin may be one of the most easily identified condiments in your spice cabinet. A potent combination of brown and white powdered mustard seeds, it has been made in rural Norwich, England since 1814.

3 Get Creative

Why has it taken so long for the Olive Oil companies to catch on? I just found Berio Olive Oil in a sprayer at the grocery store. No longer do we have to keep refilling a canister with oil - this extra virgin is in an easy-to-use pump sprayer. Yeah!

4 WINE of the Week

Gnarly Head Zinfandel

Lodi, California
Cost Plus World Market, Publix around \$12.00

Mac and Cheese is a quintessential American dish - as is California Zinfandel. This hearty mac and cheese calls for a medium bodied Zin, like this fun

Gnarly Head. You'll taste jammy spicy berry flavors ending with a smooth finish. Buy a couple of bottles - its delicious with almost any pasta!