

Macaroni and Cheese

Macaroni and Cheese is a childhood favorite, a satisfying combination of cheese and pasta. Our version is made even more special with cauliflower!

CACFP Home Childcare Crediting Information

One 2" x 3 ¾" piece provides 1 oz equivalent meat alternate and 1 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 30 minutes

Makes: 6 servings

Ingredients

- 2 cups Water
- 2 ½ oz Fresh cauliflower florets
- 3 cups Water
- 1 ¼ cups or 6 oz Whole-grain elbow macaroni
- 2 tsp Canola oil
- 2 tsp Whole-wheat flour
- ½ cup or 4 oz Low-fat (1%) milk
- 1 cup or 8 oz Skim milk
- 2 cups or 7 ¼ oz Low-fat cheddar cheese, shredded
- ¼ cup or 2 oz Egg whites
- ¼ cup or 2 oz Low-fat sour cream
- ¼ cup or 2 oz Nonfat sour cream
- ¼ cup or 1 oz Fresh diced onion
- ⅛ tsp Ground black or white pepper
- ½ tsp Garlic powder
- 1 ½ tsp Dried onion flakes
- ⅛ tsp Salt
- ½ tsp Lemon pepper

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2 Heat two cups water to a rolling boil in a medium saucepan.
- 3 Add cauliflower. Cook uncovered for 4 minutes until very soft. Remove, drain, and place in a bowl. Mash cauliflower until smooth. Set aside for step 7.
- 4 Heat 3 cups water to a rolling boil in a medium saucepan.
- 5 Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 7.
- 6 Heat oil in skillet. Add flour to make a roux. Stir briskly with whisk. Slowly add milk and stir until smooth. Reduce heat to low.
- 7 Combine cauliflower mash, macaroni, milk, cheese, egg whites, sour cream, onion, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Add warm roux and stir well.
- 8 Lightly coat a baking dish (8" x 8" x 2") with pan release spray.
- 9 Pour macaroni and cheese mixture into the baking dish.
- 10 Bake:
Conventional oven: 350 °F for 30-35 minutes.
Convection oven: 325 °F for 25-30 minutes.

Directions continued

- 11 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point:
Hold at 140 °F or higher until served.
- 13 Cut each pan into 6 pieces (2" x 3 ¾").
- 14 Serve one - 2" x 3 ¾" piece.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 243, Protein 17 g, Carbohydrates 29 g, Dietary Fiber 2 g, Total Sugar 5 g, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 15 mg, Sodium 441 mg, Vitamin A 46 mcg RAE, Vitamin C 6 mg, Vitamin D 29 IU, Calcium 260 mg, Iron 1 mg, Potassium 192 mg

