

# in good taste™

winter 2015

*recipe magazine*

*the easiest, CHEESIEST*  
Mac & Cheese Bakes



+ winter **greats**

FAN-tastic Sliders, BBLTs,  
Creole Fish *and more!*

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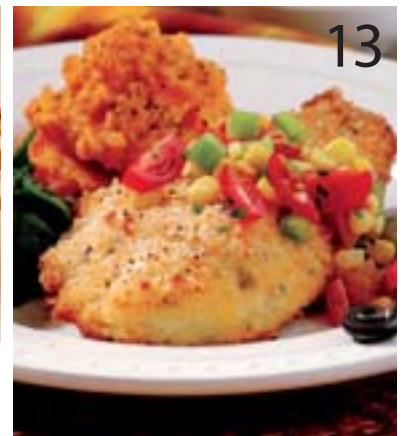
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## seasonal PICK:

### CRUCIFEROUS CROP

**Cauliflower:** the French call it chou-fleur or “cabbage flower” which, as it happens, isn’t too far from the truth. Like its dark green cousin, broccoli, this heavy, textured vegetable is actually comprised of undeveloped flowers. That’s a nutritional bonanza for us; instead of using all those nutrients to produce blooms, they remain behind in the “stems” providing generous amounts of vitamin C, omega-3 fatty acids, B vitamins and fiber.

Interestingly, cauliflower is particularly favorable among mathematicians due to its nearly perfect – and tasty – illustration of fractals. Cauliflower’s florets are comprised of repetitive florets that duplicate themselves in appearance no matter how large or small they might be. Break off a single curd, and it will look exactly like the larger curd from which you took it. This pattern might repeat itself into infinity if it weren’t for cauliflower’s mortality and our fondness for cream of cauliflower soup.

While cauliflower’s origins are shrouded in mystery, what we do know is this: cauliflower came to Europe through the Middle East. While it was extremely popular with the Arabs, it wasn’t until after the mid-1600s that it became a fashionable addition to the French royal table. It made its way north into Great Britain and the rest of Europe, and finally to the United States. Considered a luxury not too long ago, today it’s available year-round. Most American cauliflower is grown in California’s Salinas Valley or on New York’s Long Island. For some 50 years, cauliflower was the economic mainstay of the little town of Margaretville, New York. Locals still celebrate the vegetable with an annual cauliflower festival.

Cauliflower is not easily grown and requires a great deal of attention. Harvesting must be done by hand. The creamy white surfaces will turn green unless they’re protected from the sun – a feat that used to be accomplished by tying the leaves over the head. Modern varieties have been developed in which the leaves grow tightly over the heads themselves, enveloping and protecting the crucifer plant inside. The leaves are edible too, and worth chopping up as an addition to vegetable stock or soup.

When selecting cauliflower, look for a clean, white surface. A head of cauliflower should feel heavy when you hold it. Store it for up to five days in a tightly wrapped paper bag in your vegetable crisper. It’s eminently versatile; try roasting, steaming or stir-frying. Make a warm, rib-sticking gratin for cool days, or simply eat it raw, dipped in your favorite dressing.



### Cauliflower & Chickpea Flatbread

**Prep: 15 minutes**

**Roast/Bake: 29 minutes • Serves: 4**

- ¼ medium head cauliflower, cut into 1-inch pieces (about 2 cups)
- ¾ cup rinsed and drained canned Sunny Select Garbanzo Beans (chickpeas)
- 6 tablespoons Sunny Select Extra Virgin Olive Oil
- 1 tablespoon Indian spice mixture (see Chef Tip)
- 1 teaspoon Sunny Select Salt
- Nonstick cooking spray
- 1 package (11 ounces) refrigerated thin crust pizza dough
- ½ cup plain Greek yogurt
- 1 cup shredded Gruyère cheese (about 4 ounces)
- 2 tablespoons coarsely chopped fresh cilantro leaves
- 1 tablespoon crushed red pepper flakes

**1.** Preheat oven to 450°. In large bowl, toss cauliflower, beans, 3 tablespoons oil, spice mixture and salt; evenly spread mixture on rimmed baking pan. Roast 13 to 15 minutes or until golden brown and slightly crispy.

**2.** Decrease oven temperature to 425°. Spray 10 x 15-inch cookie sheet with cooking spray. Unroll pizza dough on prepared cookie sheet; stretch to edges of cookie sheet. Brush top of dough with remaining 3 tablespoons oil. Bake 8 to 10 minutes or until top is lightly browned.

**3.** Decrease oven temperature to 375°. Leaving ½-inch border, evenly spread crust with yogurt; evenly top with cauliflower-bean mixture and sprinkle with cheese. Bake 8 to 10 minutes longer or until cheese melts. Evenly sprinkle with cilantro and crushed red pepper to serve.

*Approximate nutritional values per serving:  
438 Calories, 32g Fat (9g Saturated), 33mg Cholesterol,  
923mg Sodium, 23g Carbohydrates, 4g Fiber, 15g Protein*

#### Chef Tip

*For Indian spice mixture: Combine 1½ teaspoons ground cumin, ¾ teaspoon each ground black pepper and ground coriander, ½ teaspoon ground cinnamon, and ¼ teaspoon each ground cloves and ground nutmeg.*

## *fan-tastic* FARE

These sliders are extra-easy to serve to a large crowd. They're baked in a 13 x 9 pan, and can even be prepared through Step 1, covered and refrigerated overnight.



## Sliders 3-Ways

**Prep: 15 minutes**

**Bake: 30 minutes • Serves: 6**

### Slider Base

- Nonstick cooking spray
- 2 pounds 90% lean ground beef
- 1/3 cup plain breadcrumbs
- 12 slider buns, dinner rolls or small sweet Hawaiian rolls, heated according to package directions

### Rancher Style

- 1 package (2.1 ounces) fully cooked bacon, finely chopped
- 1 package (1 ounce) ranch salad dressing and seasoning mix (3 tablespoons)
- 1 package (.66 ounces) chives, finely chopped (about 1/4 cup)
- 1/2 red bell pepper, finely chopped (about 1/2 cup)
- 1/2 cup Sunnyside Farms Sour Cream
- 6 slices American cheese

### Topping Suggestions

Thinly sliced Roma tomatoes, prepared ranch dressing

### Buffalo Style

- 3 green onions, thinly sliced (about 1/4 cup)
- 1/2 cup buffalo wings sauce
- 1 1/2 teaspoons celery salt
- 4 ounces blue cheese, crumbled (about 1 cup)

### Topping Suggestions

Shredded carrots, sliced green onions, additional buffalo wings sauce

### Mexicali Style

- 1 can (4 ounces) Sunny Select Diced Mild Green Chiles, drained (about 1/2 cup)
- 1 package (1.25 ounces) taco seasoning mix (about 5 tablespoons)
- 1/2 small red onion, finely diced (about 1/2 cup)
- 1/2 cup drained canned, fresh or thawed Sunny Select Frozen Corn
- 1 cup shredded pepper Jack cheese (about 4 ounces)

### Topping Suggestions

Thinly sliced avocado, prepared salsa

1. Preheat oven to 425°. Spray 13 x 9-inch metal baking pan with nonstick cooking spray. In large bowl, gently mix beef, breadcrumbs and desired style ingredients (Rancher, Buffalo or Mexicali), except buns, cheese and toppings, until just combined; do not overmix. Evenly press beef mixture into prepared pan.
2. Bake 25 to 30 minutes or until internal temperature of beef mixture reaches 160°. Remove pan from oven; carefully drain liquid from pan. Evenly sprinkle beef mixture with cheese and bake 3 to 5 minutes longer or until cheese melts. Cut into 12 equal burgers and serve on buns with toppings of choice, if desired.

### Rancher Style

*Approximate nutritional values per serving (2 sliders):*  
613 Calories, 28g Fat (14g Saturated), 136mg Cholesterol,  
1345mg Sodium, 36g Carbohydrates, 2g Fiber, 46g Protein

### Buffalo Style

*Approximate nutritional values per serving (2 sliders):*  
493 Calories, 20g Fat (10g Saturated), 118mg Cholesterol,  
1328mg Sodium, 32g Carbohydrates, 1g Fiber, 40g Protein

### Mexicali Style

*Approximate nutritional values per serving (2 sliders):*  
525 Calories, 20g Fat (9g Saturated), 118mg Cholesterol,  
1160mg Sodium, 39g Carbohydrates, 3g Fiber, 41g Protein



## Loaded Game Day Tots

**Prep: 10 minutes**

**Bake: 24 minutes • Serves: 10**

- 1 1/4 cups Sunnyside Farms Sour Cream
- 2 tablespoons Sriracha hot chile sauce
- 1 package (32 ounces) Tater Tots® or Onion Tater Tots®
- 1 1/2 cups Sunnyside Farms Shredded Cheddar Cheese
- 1 package (2.5 ounces) fully cooked bacon, chopped
- 2 green onions, chopped (about 2 tablespoons)

1. Preheat oven to 450°. In small bowl, stir sour cream and chile sauce until well combined. Cover and refrigerate until ready to serve.
2. On large rimmed baking pan, arrange Tater Tots in single layer. Bake 24 to 26 minutes or until golden brown and crisp.
3. Remove Tater Tots from oven; immediately transfer to serving platter. Evenly sprinkle tots with cheese, bacon and onions; serve with sour cream mixture.

### Approximate nutritional values per serving:

317 Calories, 21g Fat (10g Saturated), 40mg Cholesterol,  
703mg Sodium, 22g Carbohydrates, 2g Fiber, 9g Protein

### Chef Tip

Additional topping ideas: chopped red onions, diced tomatoes and/or chopped pickled jalapeño peppers.

*fan-tastic* FARE



## BBLT Sandwich with Avocado-Mayo

Prep: 10 minutes

Cook: 10 minutes • Serves: 4

- 12 slices smoked bacon
- 8 slices Canadian bacon
- 4 rolls or 8 slices whole wheat or favorite bread
- ½ cup Calavo® AvoMayo™ Sandwich Spread
- 8 slices tomato
- ⅛ teaspoon Sunny Select Salt
- ⅛ teaspoon fresh ground black pepper
- 4 large romaine lettuce leaves, cut in half

**1.** Cook smoked bacon according to package directions. Meanwhile, in large skillet, in 2 batches, heat Canadian bacon over medium heat 3 to 4 minutes or until browned, turning once halfway through cooking.

**2.** To serve, split rolls and toast. Evenly spread AvoMayo over bottom halves of rolls. Over AvoMayo, evenly layer smoked bacon and tomatoes; sprinkle tomatoes with salt and pepper. Over tomatoes, evenly layer lettuce and Canadian bacon; close sandwiches.

*Approximate nutritional values per serving:  
500 Calories, 31g Fat (6g Saturated), 56mg Cholesterol,  
1275mg Sodium, 37g Carbohydrates, 5g Fiber, 19g Protein*



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## a healthy HEART

February is American Heart Health Month. Be sure to take the time to celebrate you and your heart by making smarter food choices and exercising on a regular basis. We've got some healthy recipes to help get you started.



### Spring Pasta Primavera with Turkey

**Prep: 20 minutes**

**Cook: 15 minutes • Serves: 4**

- 8 ounces white or whole grain high-fiber spaghetti
- 1 bunch asparagus, cut into 1½-inch pieces (about 3 cups)
- ½ cup Sunny Select Frozen Peas
- 1 tablespoon Sunny Select Olive Oil
- 1¼ pounds boneless, skinless turkey breast tenderloins, cut into 1½-inch pieces
- ½ teaspoon Sunny Select Salt
- ½ teaspoon fresh ground black pepper
- 1 medium leek, white and light green part only, thinly sliced crosswise (about 1 cup)
- 2 garlic cloves, minced
- 2 medium carrots, thinly sliced diagonally (about ¾ cup)
- ½ cup Sunny Select Low-Sodium Chicken or Vegetable Broth
- ¼ cup sliced fresh basil leaves
- 1 tablespoon fresh lemon juice
- 2 tablespoons grated Parmesan cheese

1. Heat large saucepot of water to boiling over high heat. Add spaghetti and cook as label directs, adding asparagus and peas during last 2 minutes of cooking. Reserve ½ cup cooking water, then drain pasta and vegetables; return to saucepot and cover to keep warm.

2. Meanwhile, in large nonstick skillet, heat oil over medium-high heat. Sprinkle turkey with ¼ teaspoon each salt and pepper. Add turkey and cook 3 to 4 minutes or until lightly browned, stirring occasionally. With tongs, transfer turkey to bowl; cover to keep warm.

3. Reduce heat to medium. Add leek to same skillet and cook 1 minute, stirring occasionally. Stir in garlic and cook 30 seconds. Add carrots and cook 2 minutes, stirring occasionally. Add broth and reserved cooking water; heat to simmering and simmer 2 minutes. Add turkey and simmer 2 minutes longer or until internal temperature of turkey reaches 165°; remove from heat. Stir in half the basil, lemon juice and remaining ¼ teaspoon each salt and pepper.

4. Pour vegetable mixture over pasta mixture and toss until well combined. Serve immediately sprinkled with cheese and remaining basil.

*Approximate nutritional values per serving: 395 Calories, 7g Fat (16% of total calories), 2g Saturated Fat (5% of total calories), 53mg Cholesterol, 513mg Sodium, 50g Carbohydrates, 8g Fiber, 36g Protein*

#### Chef Tips

Omit the turkey and use vegetable broth for a vegetarian dish.

Using some of the pasta cooking water helps flavor the sauce without additional fat or salt.



#### how-to video!

Scan this code with your smart phone, or visit [savemart.com](http://savemart.com) or [luckysupermarkets.com](http://luckysupermarkets.com) to watch our Spring Pasta Primavera with Turkey video and view our online magazine.





## Spinach Salad

- 3 cups baby spinach
- 1 whole Navel orange, peeled and sliced into bite sized pieces
- ½ cup Bella Sun Luci Sun Dried Tomatoes, julienne cut
- ¼ cup feta cheese
- ¼ cup red onion, chopped

### Dressing

- 4 ounces Bella Sun Luci Sun Dried Tomatoes in Oil
- ½ cup olive oil
- ½ cup red wine vinegar
- 1 cup fresh basil, minced
- 1 tablespoon garlic, minced
- ½ cup green onion, chopped
- Salt and pepper

Place all dressing ingredients in blender and blend until creamy. Combine all salad ingredients in large salad bowl and toss with dressing.

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## smart tips TO KEEP YOUR HEART HEALTHY

It's no secret that one's susceptibility toward heart disease may be inherited – yet keeping your heart in tip-top shape doesn't have to be complicated or difficult with savvy lifestyle choices.

### maintain a healthy weight & remember to move

Carrying extra weight, especially stomach fat, has a negative effect on blood pressure and arteries. But start to exercise, especially aerobic and strength-conditioning, and cardiac risk factors tend to plummet. Whether it's brisk walking, jogging or strength training, it's all good for the ticker. Aim for 30 minutes of moderate aerobic exercise, five days a week.

### reduce stress & laugh more

Blood pressure and heart rate escalate with high levels of stress. Research shows that mental stress can be potentially damaging to your heart. Creating peaceful interludes throughout your day (or engaging in yoga, tai chi or meditation) provides respite. Laughter has also been found to have a beneficial effect upon blood vessel lining – so keep that sense of humor alive and you'll do your heart good.

### think ROYGBIV (acronym for the colors of the rainbow: red, orange, yellow, green, blue, indigo and violet)

Tomatoes, carrots, bananas, spinach, blueberries, plums, eggplant – filling your plate with a rainbow provides a powerhouse of antioxidants. Studies have shown that antioxidant-rich vegetables and fruits are an important preventive diet.

### knock out inflammation with high fiber

Not only are whole grains and legumes (like brown rice and lentils) more filling, they tout lots of soluble fiber. And it's fiber that's the good guy in controlling damaging inflammation of the arteries. Barley, beans and oats are top choices.

### choose high quality proteins & fats

Select lean meats, vegetable-based protein and low-mercury fish high in omega-3s like salmon, sardines and trout. Look for fat-free, 1-percent fat and low-fat dairy products, and don't forget to stock your cupboard with beneficial oils like canola, olive, safflower and soybean. Read nutrition labels carefully and keep an eye out for unfavorable trans fats.

### slash the sodium & say "no" to smoking

Beware of hidden sodium in prepared and canned foods. Current recommendations for those at risk are less than 2300mg of sodium per day (that's about one teaspoon). Smokers have double the risk of heart attack than non-smokers, so don't light up – pass on the cigarettes and your heart will thank you.

### eat more orange

Rich in vitamin C, which has been identified as having protective cardiovascular effects, and potassium, which helps lower blood pressure, protecting against stroke and cardiac arrhythmias makes it easy to keep your heart healthy. Juicy and naturally sweet, oranges make the perfect snack or drink. This power food adds a special tang to any recipe - it's no wonder they are popular around the world.





## Luck O'THE IRISH

The phrase, "luck of the Irish," has been attributed to the successful miners during the gold and silver rush. Over the years, the Irish became synonymous with luck. Bring good fortune into your kitchen with these Corned Beef Hash 'n Egg Cups.

### Corned Beef Hash 'n Egg Cups

**Prep: 15 minutes**

**Bake: 30 minutes • Serves: 12**

- Nonstick cooking spray
- 3 tablespoons Sunnyside Farms Unsalted Butter
- 8 ounces sliced deli corned beef, chopped
- ½ medium onion, finely chopped (about ¾ cup)
- 1¾ cups refrigerated shredded hash browns
- 3 tablespoons chopped fresh parsley leaves
- ½ teaspoon kosher salt
- ½ teaspoon coarse ground black pepper
- 12 large Sunnyside Farms Eggs

1. Preheat oven to 425°. Spray muffin pan with nonstick cooking spray. In small microwave-safe bowl, heat butter in microwave oven on high 30 seconds or until melted. In large bowl, toss corned beef, onion, hash browns, parsley, salt, pepper and melted butter until well combined.

2. Press about ⅓ cup corned beef mixture onto bottom and up sides of each cup. Bake cups 15 to 20 minutes or until golden brown.

3. Reduce oven temperature to 375°. Crack 1 egg into center of each cup. Bake 15 to 18 minutes longer or until eggs are set. Run knife around edges of cups to loosen from pan.

*Approximate nutritional values per serving:  
139 Calories, 7g Fat (3g Saturated), 203mg Cholesterol,  
1168mg Sodium, 6g Carbohydrates, 1g Fiber, 10g Protein*

**Chef Tip**  
If you prefer the yolks slightly on the runny side, reduce the baking time 2 to 3 minutes.



## Creole Fish with Tomato-Corn Relish

**Prep: 20 minutes**

**Bake: 25 minutes • Serves: 4**

### Catfish

- 2 tablespoons light mayonnaise
- 3 teaspoons chopped fresh Italian parsley leaves
- 3 teaspoons Louisiana style Cajun seasoning
- ½ teaspoon Sunny Select Dijon Mustard
- ¾ cup panko breadcrumbs
- 2 tablespoons grated Parmesan cheese
- Nonstick cooking spray
- 4 fresh catfish fillets (about 1½ pounds)

### Tomato-Corn Relish

- 1 teaspoon canola oil
- 1 medium celery rib, diced
- 1 medium yellow onion, diced
- ½ green bell pepper, diced
- 2 cups Sunny Select Frozen Whole Kernel Corn
- ⅔ cup quartered grape tomatoes
- 1 dash hot sauce

1. Prepare Catfish: Preheat oven to 375°. In small bowl, combine mayonnaise, 1 teaspoon parsley, ¾ teaspoon Cajun seasoning and mustard. In separate small bowl, combine breadcrumbs with Parmesan.

2. Spray 13 x 9-inch glass or metal baking dish with nonstick cooking spray. Arrange catfish in baking dish. Spread mayonnaise mixture evenly over fillets, then sprinkle with panko mixture, patting lightly so panko adheres. Bake 25 minutes or until catfish turns opaque throughout and reaches an internal temperature of 145°.

3. Meanwhile, prepare Tomato-Corn Relish: In large skillet, heat oil over medium-high heat. Add celery, onion and bell pepper, and cook 3 minutes, stirring occasionally. Stir in corn, tomatoes and remaining 2¼ teaspoons Cajun seasoning, and cook 2 to 3 minutes or until vegetables are tender and heated through, stirring frequently. Remove skillet from heat. Stir in remaining 2 teaspoons parsley and hot sauce. Top catfish with relish to serve.

*Approximate nutritional values per serving:*

*330 Calories, 9g Fat (2g Saturated), 87mg Cholesterol, 377mg Sodium, 35g Carbohydrates, 5g Fiber, 30g Protein*

## King Cake Bars

**Prep: 20 minutes**

**Bake: 45 minutes • Makes: 24 bars**

### Crust

- ½ cup pecans
- 1½ cups Sunny Select All-Purpose Flour
- ¼ cup Sunny Select Granulated Sugar
- 1 cup cold Sunnyside Farms Unsalted Butter (2 sticks), cut into 1-inch cubes
- 2 tablespoons Sunnyside Farms Whole Milk

### Filling

- 2 packages (8 ounces each) cream cheese, softened and cut into small pieces
- 2 large Sunnyside Farms Eggs
- ¾ cup Sunny Select Granulated Sugar
- 1 tablespoon lemon zest

- 1 teaspoon pure vanilla extract
- ½ teaspoon Sunny Select Ground Cinnamon

### Glaze

- 1 cup powdered sugar
- 2 tablespoons Sunnyside Farms Whole Milk
- Green, purple and/or yellow colored sugar

1. Prepare Crust: Preheat oven to 350°. Line 13 x 9-inch glass or ceramic baking dish with nonstick aluminum foil so that foil extends about 2 inches over short sides of dish. In bowl of food processor with knife blade attached, process nuts until finely ground. Add flour and sugar, and pulse until combined. Add butter and pulse until mixture resembles wet sand. Add milk and pulse until mixture begins to stick together. Transfer nut mixture to prepared baking dish; with hands, firmly press mixture into bottom of pan to form an even layer.

2. Prepare Filling: In large bowl, with mixer on medium speed, beat cream cheese, eggs, sugar, lemon zest, vanilla extract and cinnamon 3 minutes or until smooth. Pour filling over prepared crust, spreading in an even layer. Bake 45 to 50 minutes or until crust is golden brown, filling is set and knife inserted in center comes out clean.

3. Meanwhile, prepare Glaze: In small bowl, whisk together powdered sugar and milk until smooth. Immediately pour glaze over filling once it's removed from the oven. With back of large spoon or offset spatula, evenly spread glaze over filling; immediately sprinkle with colored sugars in decorative pattern. Cool completely on wire rack. Cover and refrigerate 2 hours. Using overhanging sides of foil, lift cake bar out of dish; cut into approximately 2¼-inch squares. Cover and refrigerate up to 3 days.

*Approximate nutritional values per serving (1 bar):*

*234 Calories, 15g Fat (9g Saturated), 56mg Cholesterol, 68mg Sodium, 21g Carbohydrates, 0g Fiber, 3g Protein*



## *cravin'* CREOLE

A blend of many influences, Creole food is a culmination of French, Spanish, Portuguese, Italian, Native American and African cuisines. Serve the ultimate melting pot meal with these down home favorites.



## mac & cheese, PLEASE

We give you two delicious options for macaroni and cheese, one gourmet style and the other a classic version. If desired, add in your selected stir-ins to make it your own. You can easily substitute other pastas for the ones suggested.



### Gourmet White Mac & Cheese

**Prep: 25 minutes**

**Bake: 30 minutes • Serves: 12**

- 1 package (16 ounces) penne pasta
- 6 tablespoons Sunnyside Farms Unsalted Butter
- 1 cup panko breadcrumbs
- ¼ cup shredded Parmesan cheese
- ¼ cup Sunny Select All-Purpose Flour
- 4 cups Sunnyside Farms Whole Milk
- 12 ounces Gruyère cheese, shredded (about 3 cups)
- 12 ounces sharp white Cheddar cheese, shredded (about 3 cups)
- 1 teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- 4 large Roma tomatoes, each cut into ¼-inch-thick slices

**1.** Preheat oven to 375°. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain pasta.

**2.** Meanwhile, in medium microwave-safe bowl, heat 2 tablespoons butter in microwave oven on high 45 seconds or until melted. Add breadcrumbs and Parmesan, and stir until breadcrumbs are moistened.

**3.** In large saucepot, melt remaining 4 tablespoons butter over medium heat. Whisk in flour and cook 2 minutes, stirring constantly. Stir in milk and heat to boiling over medium-high heat, whisking constantly until mixture is smooth and thickens. Remove saucepot from heat. Stir in cheeses, salt and pepper; fold in pasta until well coated with sauce.

**4.** Pour pasta mixture into 13 x 9-inch baking dish. Arrange tomatoes in single layer over pasta; sprinkle breadcrumb mixture over tomatoes. Bake 30 to 35 minutes or until edges bubble and top is browned.

*Approximate nutritional values per serving:  
510 Calories, 28g Fat (17g Saturated), 90mg Cholesterol,  
602mg Sodium, 40g Carbohydrates, 2g Fiber, 25g Protein*

## Classic Mac & Cheese

**Prep: 25 minutes**

**Bake: 25 minutes • Serves: 12**

- 1 package (16 ounces) elbow macaroni
- ½ cup Sunnyside Farms Unsalted Butter (1 stick)
- 1 cup panko breadcrumbs
- ½ cup shredded Parmesan cheese
- ¼ cup Sunny Select All-Purpose Flour
- ½ teaspoon dry mustard
- 3½ cups Sunnyside Farms Whole Milk
- 1 pound Sunnyside Farms Sharp Cheddar Cheese, shredded (about 4 cups)
- 1 teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper

**1.** Preheat oven to 375°. Heat large covered saucepot of salted water to boiling over high heat. Add macaroni and cook as label directs; drain macaroni.

**2.** Meanwhile, in medium microwave-safe bowl, heat 4 tablespoons butter in microwave oven on high 45 seconds or until melted. Add breadcrumbs and Parmesan, and stir until breadcrumbs are moistened.

**3.** In large saucepot, melt remaining 4 tablespoons butter over medium heat. Whisk in flour and dry mustard, cook 2 minutes, stirring constantly. Stir in milk and heat to boiling over medium-high heat, whisking constantly until mixture is smooth and thickens. Remove saucepot from heat. Stir in 2¾ cups Cheddar cheese, salt and pepper; fold in macaroni until well coated with sauce.

**4.** Pour macaroni mixture into 13 x 9-inch glass or ceramic baking dish; evenly sprinkle with remaining Cheddar cheese and breadcrumb mixture. Bake 25 to 30 minutes or until edges bubble and top is browned.

*Approximate nutritional values per serving:*

*445 Calories, 23g Fat (15g Saturated), 69mg Cholesterol, 526mg Sodium, 38g Carbohydrates, 1g Fiber, 19g Protein*

### BE ADVENTUROUS WITH *your mac & cheese!*

Suggested stir-ins include caramelized onions, green chiles, sun-dried tomatoes, spinach, cooked asparagus or broccoli, roasted red peppers, chopped fresh herbs, sautéed mushrooms, peas, ham, grilled chicken, bacon, pepperoni, smoked sausage, cooked ground beef.





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