



Rocking Mac 'n Cheese

Source: Karolyn Jung

Ingredients:

chopped onions
chopped ham or turkey (cubes)
2-3 cloves of garlic
half and half (optional)
blue cheese and 2 yr old cheddar
Cambozola Cheese or Gorgonzola cheese (this one is stronger)
sea salt and fresh ground pepper
pasta

skim milk
butter
breadcrumbs

Experimental Ingredients: I have also made this with lobster (yum!!) and also one time with bacon for one of my friends because he loves bacon and adding steamed cauliflower also is good too

Directions

1. Sauté onions in a bit of olive oil and a tbsp. of butter. Add the crushed garlic (do not let the garlic burn). Once translucent, set aside.
2. In the same saucepan at medium heat, melt 2 tablespoons of butter and add 1/4 cup of flour to make a roux. I use a whisk to mix.
3. Add 1 cup of milk slowly to the roux, stirring/whisking constantly over medium to low heat. Add one cup of half and half (if you like!)
4. Once heated, add 1 1/2 cups of grated cheddar cheese, constantly stirring as it melts, then add the blue cheese bit by bit (about 1/2-1 cup depending on how strong you like the taste of blue cheese. I tend to taste as I cook) No double dipping though! I swear I don't!
5. Once sauce is smooth, add the sautéed onions and garlic and the chopped meat (whatever you choose to use)
6. Reduce the heat to low, add salt and pepper to taste and simmer for about 5 minutes.

Two options now:

- a. You can mix the pasta in and then serve as is.
- b. Take a baking dish (deep one) and put pasta in the dish and pour/mix the sauce over the pasta. Sprinkle the top with breadcrumbs and grated cheddar cheese. Bake for about 20 min. at 350 degrees.

GAME DAY STRATEGIES

FROM THE JOCK!

* **Definition of Roux:**

Noun : A mixture of fat (esp. butter) and flour used in making sauces.

** **For sensitive tummies: Use gluten-free breadcrumbs, and rice pasta and lactose-free milk products! Yum!!!**

