

Title: Recipes

Recipe: Baked Mac & Cheese

Short Description: We all know there is nothing like good Ol' Mac & Cheese, especially when it's made in rich, creamy NESTLÉ MILKPAK UHT Milk.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK UHT Milk-1¾ cups, divided
- All-purpose flour - 3 tbsp
- Bread crumbs - 3 tbsp, dry, plain
- Cheddar cheese - 2 cups, shredded
- Cottage cheese - 1 cup, low fat
- Macaroni - 2 cups, elbow
- Nutmeg – ¼ tsp, ground
- Olive oil - 1 tsp, extra virgin
- Paprika - 1 tsp
- Pepper - to taste, freshly ground
- Salt – to taste
- Spinach - 10 oz, thawed

- CALORIES/SERVING
- *209 Kcal.*
- CARBOHYDRATES
- *30 g*
- PROTEIN
- *9.7 g*
- FATS
- *5.5 g*
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 55 minutes

BAKING TIME: NA

Instructions:

Step 1: Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking oil.

Step 2: Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.

Step 3: Heat 1 1/2 cups Nestlé MILKPAK UHT MILK in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

Step 4: Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking). Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

Step 5: Bake the casserole until bubbly and golden, 25 to 30 minutes.

This recipe serves 4.