

# Macaroni & cheese

Recipe by Chef Marvin Woods

**Yield:** Makes 12 servings

### Ingredients

- 1 pounds of elbow macaroni
- 1/4 pound of cheddar cheese
- 1/4 pound of Monterey jack cheese
- 1/4 pound block of Velveeta cheese
- 2 cups of 2 % milk
- 2 eggs whites, beaten
- 1/4 teaspoon each of Kosher salt, freshly cracked pepper and Cajun seasoning to taste

### Instructions:

Boil noodles, rinse, drain and set aside. Preheat oven to 375 degrees F. Shred the cheddar and jack cheeses, stir together and set aside. Meanwhile, pour 2 cups of milk into a large saucepan and warm over medium low heat. Cut up the Velveeta into chunks, add to the saucepan and cook over medium low heat until all of the cheese has melted. Add the additional milk only if needed to thin. Remove from the heat and set aside. Crack the eggs into a separate bowl and lightly whisk. Scoop out some of the cheese sauce and slowly add that to the eggs to temper them, continuously whisking as you add the liquid to the eggs. Once well-tempered, add the eggs to the cheese sauce and whisk together until well mixed.

Spray a large (3-/12 quart) baking dish or casserole pan with non-stick cooking spray. Add half of the elbow noodles and season with salt, pepper and Cajun seasoning. Sprinkle 1/2 of the cheddar/jack cheese combo over the noodles. Ladle 1/2 of the Velveeta cheese sauce over that. Repeat the layers of noodles, seasoning, butter, cheddar/jack cheese, and Velveeta sauce.

Cook at 375 degrees F, uncovered for 30 to 35 minutes, or until bubbly and browned.



### Total Nutrition Facts (per serving)

Calories:	262.4
Total Fat	8.6g
Saturated Fat	3.2g
Trans Fat	0.0g
Cholesterol	17mg
Sodium	301.1mg
Total Carb.	31.9g
Dietary Fiber	1.2g
Sugars	.4g
Protein	13.9g