

Mac & Cheese with Bacon and Cheese Cracker Crust

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*1 tablespoon olive oil
8 ounces thick-cut bacon, diced
1 yellow onion, diced
1/4 cup flour
3 cups milk
8 ounces Gruyere cheese, grated
4 ounces Parmesan cheese, grated
8 ounces fresh mozzarella cheese, grated
Kosher salt
freshly ground pepper
1 box (16 ounce) shell or penne pasta
2 cups (4 ounce) cheese-flavored crackers (such as Cheez-It)
2 tablespoons butter, melted
1/3 cup chives, chopped*

Preparation Time: 1 hour

Preheat the oven to 350 degrees.

Warm oil in a large Dutch oven over medium-high heat. Add the bacon and cook until crisp, about 10 minutes. Add the onion and cook, stirring occasionally, until caramelized and golden, about 25 minutes. Sprinkle in the flour and cook, stirring for 3 minutes. Stir in the milk and bring to a simmer. Cook, stirring, until thick enough to coat a spoon, about 8 minutes.

Remove from the heat. Add the cheeses and stir until melted. Cover to keep warm.

Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook according to package directions. Drain. Stir the pasta into the cheese sauce. Season with salt and pepper.

Pulse the crackers in a food processor until finely ground. With the motor running, add the melted butter and chives.

Butter a 9x13-inch baking dish. Pour in the pasta mixture, smoothing the top. Sprinkle the ground cracker mixture evenly across the top.

Bake until toasted on top, about 20 minutes.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 2386 Calories; 169g Fat (63.7% calories from fat); 144g Protein; 73g Carbohydrate; 3g Dietary Fiber; 500mg Cholesterol; 3470mg Sodium. Exchanges: 1 1/2 Grain(Starch); 16 Lean Meat; 2 Vegetable; 3 Non-Fat Milk; 22 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	2386	Vitamin B6 (mg):	.6mg
% Calories from Fat:	63.7%	Vitamin B12 (mcg):	7.8mcg
% Calories from Carbohydrates:	12.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	24.1%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	169g	Folacin (mcg):	116mcg
Saturated Fat (g):	96g	Niacin (mg):	3mg
Monounsaturated Fat (g):	56g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	500mg	% Refuse:	0.0%
Carbohydrate (g):	73g		
Dietary Fiber (g):	3g		
Protein (g):	144g		
Sodium (mg):	3470mg		
Potassium (mg):	1674mg		
Calcium (mg):	4775mg		
Iron (mg):	4mg		
Zinc (mg):	15mg		
Vitamin C (mg):	23mg		
Vitamin A (i.u.):	6038IU		
Vitamin A (r.e.):	1631RE		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	16
Vegetable:	2
Fruit:	0
Non-Fat Milk:	3
Fat:	22
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2386 Calories from Fat: 1519

% Daily Values*

Total Fat	169g	260%
Saturated Fat	96g	479%
Cholesterol	500mg	167%
Sodium	3470mg	145%
Total Carbohydrates	73g	24%
Dietary Fiber	3g	13%
Protein	144g	
Vitamin A		121%
Vitamin C		38%
Calcium		477%
Iron		20%

* Percent Daily Values are based on a 2000 calorie diet.