

Old-Fashioned Mac and Cheese

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Servings: 8

*2 cups macaroni
4 tablespoons butter
2 tablespoons flour
2 cups milk
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup grated or minced onion
4 ounces processed cheese food (Velveeta), cubed
1 cup (4 ounce) medium-sharp cheddar cheese, shredded
1 cup (4 ounce) Swiss cheese, shredded
cracked black pepper*

Preparation Time: 20 minutes

Grease a 9x13-inch baking dish.

Cook the macaroni according to package directions until al dente. Drain.

Preheat the oven to 350 degrees.

Meanwhile, in a small saucepan over medium-high heat, melt two teaspoons of the butter. Whisk in the flour to form a paste. Add the milk and bring to a boil, whisking constantly. Boil, whisking, for 1 minute more. Stir in the salt and black pepper. Remove from the heat.

Add half of the macaroni to the prepared dish, followed by half of the onion and half of each cheese. Repeat the layers. Pour the sauce over the top. Dot the top with the remaining two tablespoons of butter. Cover with foil.

Bake until the cheeses are melted, about 30 minutes.

Top with cracked black pepper.

Per Serving (excluding unknown items): 246 Calories; 12g Fat (44.4% calories from fat); 10g Protein; 24g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 194mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.