

# Asiago Cheddar Mac N Cheese

FROM THE KITCHEN OF AHNA @ HAMMERSNHUGS.COM



## INGREDIENTS:

32 OZ ELBOW MACARONI (OR CHICKPEA PASTA)

¼ C BUTTER

¼ C WHITE WHOLE WHEAT FLOUR

4 C MILK

1 ½ T SALT

2 T HONEY MUSTARD

16 OZ SHREDDED SHARP CHEDDAR CHEESE

16 OZ SHREDDED ASIAGO CHEESE

## DIRECTIONS:

COOK PASTA ACCORDING TO DIRECTIONS AND DRAIN. PLACE IN GREASED 9X13 PAN. IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT, MELT THE BUTTER. ADD THE FLOUR AND COOK FOR 1 MINUTE STIRRING CONSTANTLY. ADD THE MILK, SALT AND HONEY MUSTARD AND STIR UNTIL MIXTURE BOILS AND THICKENS. ONCE MIXTURE HAS THICKENED REMOVE FROM HEAT. STIR IN ALL OF THE ASIAGO AND HALF OF THE CHEDDAR. POUR THE CHEESE MIXTURE OVER THE PASTA IN THE 9X13. SPRINKLE THE REMAINING CHEESE ON TOP. BAKE AT 350F FOR 30 MINUTES OR UNTIL CHEESE IS BROWNING. (CONSIDER PLACING TIN FOIL UNDERNEATH TO CATCH RUN OVER WHILE BAKING)

## FREEZING INSTRUCTIONS:

PREPARE AS DIRECTED ABOVE IN A FREEZER/MICROWAVE SAFE GLASS 9X13 OR ALUMINUM PAN. COVER TIGHTLY. WHEN READY TO BAKE ALLOW TO THAW OVERNIGHT. REMOVE FROM FRIDGE AT LEAST 1 HR PRIOR TO BAKING. BAKE UNCOVERED AT 350F FOR 30 MINUTES.

*MACROS PER SERVING: 517 CALS 58G NET CARBS 19G FAT 23G PROTEIN*

*MACROS PER SERVING WITH CHICKPEA PASTA: 530 CALS 46G NET CARBS 22G FAT 30G PROTEIN*