

Secret Macaroni & Cheese for PKA

Developed/Created by Chef Wow Waneeta A. Marquis

Serves: 12-24 individual servings

Ingredients:

1 pound Cheese, white cheddar, white American, provolone, mozzarella any one or any combo...certainly you may use low fat cheese, we did!

1 pound Multi Grain Elbow Macaroni

6 Eggs

2 cups skim milk, fat free evaporated milk your choice

1 teaspoon salt & pepper

2 Tablespoons onion flakes, minced fresh onions or 1 teaspoon onion powder

1 teaspoon garlic powder

Bread crumbs for topping

Directions:

Spray muffin pan/casserole with oil, preheat oven to 350 degree's F

Cook "Mac"aroni as directed only reduce cooking time by 2 minutes...al dente

Combine eggs, milk, squash/apples and spices

Place Macaroni & cheese in bowl toss together

Pour egg mixture over Mac & cheese.

Stir all ingredients together.

Spoon the mixture into muffin cups, to make individual servings...great for a snack after school.

Sprinkle bread crumbs over the top.

Spray top of crumbs with spray oil.

Bake in a 350 degree 10-15 minutes until bubbly and brown around the edges.

Bon Appetit'

**Addition: 10/17/13 add a 1 cup of grated apple to the egg & milk mixture; use "cheddar" cheeses when adding apple.

***2015 Update: "Secret Mac & Cheese" add 1 cup cooked butternut squash with the wet ingredients...sneak in the veggiesJ!