

Mac and Three Cheese

Yield: 4 petite servings

Mac and Cheese Ingredients:

¼ cup extra virgin olive oil
½ medium-sized onion, finely chopped
2 tablespoons butter
1 teaspoon Dijon mustard
2 tablespoons all-purpose flour
1 ½ cup chicken stock
1 ½ cups milk
1 cup sharp white cheddar, shredded
½ cup Gruyere, grated
½ cup Parmesan, Romano or Asiago grated
¼ teaspoon nutmeg, freshly ground
1 teaspoon paprika
Kosher salt and freshly ground pepper to taste
½ pound elbow macaroni or cavatappi
2 Roma tomatoes, sliced
½ cup panko or stale white bread crumbled in a food processor



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- Step 1:** Bring a large pot of water to a rolling boil. Add 2 teaspoons kosher salt and the pasta. Cook pasta for 7 minutes or a little before "al dente". You want the pasta undercooked as it will cook again in the oven. Drain pasta.
- Step 2:** Preheat oven to 375° F.
- Step 3:** In a large saucepot, sauté onion and 2 tablespoons olive oil over medium-high heat for five minutes. Season with salt, pepper, nutmeg and paprika. Add butter. When butter has melted, add flour and whisk until a roux forms. Continue whisking as you add the chicken stock and milk. Turn the heat up until the mixture starts to bubble (whisk, whisk, whisk!). Simmer the sauce for about 5 minutes or until it thickens.
- Step 4:** Turn the heat off and add the Dijon, cheddar and Gruyere cheeses to the milk mixture and stir. When cheese has melted, add drained pasta and mix well.
- Step 5:** Pour cheesy pasta into a 8-inch square pan (spray it first). Sprinkle the top with chopped tomatoes, then grated Parmesan, and panko. Drizzle about 2 tablespoons of olive oil over the panko and put the baking dish in the oven.
- Step 6:** Bake for 15 - 20 minutes, or until the bread crumbs are browned and the cheesy sauce bubbles underneath. Serve warm and enjoy!