

# Macaroni & Cheese



**Calories:** 695  
**Total Fat:** 32 g

6 servings | Serving size: 1 scoop

## INGREDIENTS

- 1 (16-ounce) package elbow macaroni
- ¼ cup butter
- ¼ cup all-purpose flour
- ¼ teaspoon dried thyme
- ¼ teaspoon cayenne pepper
- ⅛ teaspoon white pepper
- 3 cups milk
- 1 teaspoon salt
- 3 cups shredded sharp cheddar cheese, divided
- 1 teaspoon Dijon mustard
- ½ cup panko breadcrumbs
- 1 tablespoon butter, melted

## DIRECTIONS

1. Preheat oven to 400°F.
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta is cooked through but still slightly firm, about 8 minutes. Drain well.
3. Melt ¼ cup butter in a large saucepan over medium heat. When the butter starts to foam and bubble, stir in the flour; cook on medium heat until flour just begins to turn pale yellow, 3 to 4 minutes.
4. Add thyme, cayenne pepper, and white pepper; cook and stir another minute, then whisk in 1 cup of milk until smooth. Pour in remaining milk and whisk again. Bring the sauce just to a simmer.
5. Stir in salt; simmer on medium-low heat until thickened, about 8 minutes, whisking often. Turn heat off, then add 2¼ cups cheddar cheese; stir until melted and combined. Add Dijon mustard.
6. Transfer the macaroni into a casserole dish, then pour in the cheese sauce; stir to thoroughly combine sauce with pasta.
7. Mix panko breadcrumbs and 1 tablespoon melted butter in a small bowl, and sprinkle crumbs on top of macaroni and cheese. Sprinkle remaining ¾ cup of cheddar cheese on top.
8. Bake in the preheated oven until breadcrumbs and cheddar cheese topping are golden brown, about 20 minutes.

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