

LITTLE RED HEN

Upinngil Home Bakery

www.upinngil.com

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Upinngil Veggie Mac and Cheese

An easy dinner that our boys love. We make a double batch in a really big casserole and enjoy the leftovers all week. We use whatever veggies are in season.

- 10 oz. bag Upinngil Pasta
- 2 c. fresh veggies, such as Upinngil Spinach or Kale
- 2 oz. (1/2 stick) butter
- 2 c. Upinngil Milk
- 2 c. shredded (1/2 lb.) Upinngil Cheese
- 1/4 c. Upinngil Sifted Wheat Flour or all-purpose flour
- 1/2 t. salt
- 1/4 t. pepper
- 1 Tbs. mustard and/or 1 tsp. hot sauce
- 1/2 c. thick rolled oats toasted in pan with a little butter

1) Heat oven to 350°F. Cook pasta as directed on package, when is close to done, throw the veggies into the pot, wait until it returns to a boil, maybe 30 seconds or a minute, then drain everything and return to pot.

2) In medium saucepan, melt butter over low heat. Stir in flour, salt, pepper, and mustard. Cook over low heat, stirring often, until mixture is smooth and bubbly. Stir in milk. Heat to boiling, stirring often. Boil and stir 1 min, remove from heat. Stir in 1-1/2 c. cheese (reserve 1/2 c.) until melted.

3) Add cheese sauce to pot with pasta and veggies, stir to combine. Pour into large casserole dish. Sprinkle with toasted oats and 1/2 c. cheese. Bake uncovered about 30 minutes or until bubbly.

- Sorrel's Kitchen