

RAINY DAY PASTA & CHEESE

Grown up version of everyone's favorite, made on the stovetop (no need to bake!)

 6 portions

INGREDIENTS

- 4 cups shells of pasta, whole-wheat, cooked (420 g)
- 1/2 cup, chopped of onions, raw (80 g)
- 3 tbsps of butter, salted (43 g)
- 1/4 cup of wheat flour, white, all-purpose, enriched, unbleached (31 g)
- 1 cup, shredded of cheese, cheddar (113 g)
- 4 tbsps of cheese, cream, low fat (60 g)
- 1 tsp of spices, nutmeg, ground (2 g)
- 4 cups of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D (980 g)
- 1 tsp of salt, table (6 g)
- 1 tsp, ground of spices, pepper, black (2 g)

COOKING METHOD

- 1° Cook the pasta in boiling water until it's still a little chewy (al dente). Drain and set to the side.
- 2° In a medium pan, saute the onions in the butter until the onions are translucent. Add the flour and cook for 5 minutes, or until it starts to get bubbly and the color of peanut butter.
- 3° Slowly whisk in the milk, season with the nutmeg, salt, and pepper.
- 4° Add the cream cheese first, mixing until it's melted. Then, add the cheddar cheese and the pasta, and stir to combine.
- 5° Taste and add seasonings as needed. Serve or eat straight out of the pan with a spoon if you're feeling spicy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (290 g)	% DRI
ENERGY	125 kcal	362 kcal	18 %
FAT	6 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	4 g	10 g	52 %
CHOLESTEROL	18 mg	52 mg	17 %
SODIUM	234 mg	676 mg	28 %
CARBOHYDRATE	12 g	36 g	12 %
SUGARS	1 g	2 g	—
FIBER	1 g	3 g	13 %
PROTEIN	5 g	16 g	—