

Wisconsin Macaroni and Cheese

Yield: 4 servings (approximately 1 c prepared each)



- 2 cups small elbow macaroni or other pasta
- 1 slice whole wheat bread or ¼ c bread crumbs
- 2 tablespoons (1/4 stick) butter, divided
- 2 tablespoons all purpose flour
- 3/4 cup low-fat milk
- 3/4 cup canned vegetable or chicken broth
- 2 green onions, thinly sliced
- 1 1/2 cups (packed) grated sharp cheddar cheese
- 2 cooked bratwurst links, diced (**optional**)

Directions

1. Cook macaroni in medium saucepan of boiling salted water until tender but still firm to bite. Drain.
2. Meanwhile, grind bread in processor to fine crumbs; transfer to small bowl (*Omit step if using pre-prepared bread crumbs*)
3. Melt butter in medium saucepan. In a small bowl, mix 1/2 tablespoon melted butter into crumbs.
4. Add flour to remaining butter in the saucepan; whisk over medium heat 2 minutes. Gradually whisk in milk and broth. Bring to boil, whisking constantly.
5. Add green onions. Whisk 2 minutes longer. Remove from heat.
6. Add cheese; stir until melted.
7. Preheat broiler. Mix macaroni into sauce. Season to taste with salt and pepper. Spoon into 9-inch pie plate. Sprinkle crumbs over. Broil until crumbs brown, about 2 minutes, and serve.

Optional:

Add 2 diced links of cooked bratwurst when combining pasta and cheese sauce.