Macaroni and Cheese

This recipe makes enough for 6 people.

**What You Use**

- 4 cups water
- 1 teaspoon salt
- 1/2 cups macaroni
- 2 tablespoons margarine or butter
- 2 tablespoons flour
- 2 cups milk
- 1 cup cheese
- Nonstick cooking spray

**Macaroni and Cheese**

1. **10**
   - Cheese, cut in small pieces
   - 1 cup milk
   - Add cheese. Stir until it melts.

2. **11**
   - Put cheese mixture over macaroni.

3. **12**
   - Bake in medium hot oven.
   - Bake 30 minutes.

**Macaroni and Cheese is a good food.**

*Have it at lunch or dinner.*

Eat one of these vegetables with it:
- Oven-Stewed Tomatoes
- Baked Squash
- Glazed Carrots
- Green Beans
- Turnip Greens

---

**Evelyn Crayton,** Extension Foods and Nutrition Specialist, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Fariss Prickett,** former 4-H Specialist—Foods and Nutrition, and **Virginia H. Goebel,** former Extension EFNEP Program Specialist.

For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

© 2003 by Alabama Cooperative Extension System. All rights reserved.
How to Make Macaroni and Cheese

1. Put water and salt in a boiler. Let it come to a boil.
   - 4 cups water
   - ½ teaspoon salt

2. Add macaroni a little at a time. Let it boil.
   - 1½ cups Macaroni

3. Drain water from macaroni.

4. Spray pan with nonstick cooking spray.
   - Add macaroni.

5. Turn on oven. Set it at 375 degrees. This is a medium hot oven.

6. Put margarine or butter in a boiler. Let it melt.
   - 2 tablespoons Margarine or butter

7. Take boiler off heat.
   - ½ teaspoon salt
   - 2 tablespoons Flour

8. Add milk a little at a time. Stir as you add it.
   - 2 cups Milk

9. Return boiler to heat.
   - Cook on low heat.
   - Cook 5 to 10 minutes.
   - Stir all the time.

See next page.