

SPOTLIGHT RECIPE



Macaroni and Cheese With Ham and Peas

- Cook the elbow macaroni in boiling salted water. Drain and cool. Set aside until needed. Bring the milk to a boil over medium heat in a double boiler, stirring constantly to prevent scorching. While the milk is heating, heat the oil over medium heat in a heavy-bottomed pot. Stir the flour into the oil to form a roux. Cook without browning for 5 to 8 minutes. Pour the hot milk into the roux to make the white sauce, stirring constantly until smooth and thickened.
- Add the mustard and cheese to the white sauce. Stir until the cheese is melted and the sauce is smooth. Add the ham and the peas; stir until the internal temperature reaches 165 F. Remove from direct heat.
- Combine the cheese sauce and the macaroni. Mix thoroughly. Pour the mixture in a baking pan sprayed with pan spray.
- Combine the crumbs, paprika and margarine. Sprinkle evenly on top of the macaroni mixture.
- Bake in a regular oven at 350 F for 45 minutes (or in a convection oven at 300 F for 35 minutes) or until the internal temperature reaches 160 F.

Ingredients

Makes 12 servings

- 2 1/4 cups elbow macaroni
- 1 gallon water brought to a boil with 1/2 tablespoon salt
- 7 cups low-fat milk
- 1 ounce canola oil
- 1/4 cup all-purpose flour
- 1/4 tablespoon dry mustard
- 13 ounces cheddar cheese, shredded
- 3/4 pound ham, diced
- 3/4 pound peas, frozen
- 2 sprays of cooking spray
- 13 ounces breadcrumbs
- 1/2 teaspoon paprika
- 2 ounces margarine

Side dishes

- Green Salad
- Apple-and-Raisin Compote

