

Mac and Cheese



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Breads, Main Dishes

Makes: 50 Servings

50 Servings

- [Ingredients](#)
- [Weight](#)
- [Measure](#)

Whole grain macaroni

5 lb

Low fat Milk

1/2 gal

Cream cheese

1 1/2 lb

Cauliflower heads (untrimmed)

4 heads

Heavy cream

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1 pt
Cheddar cheese
1 1/2 lb
Parmesan cheese
3/4 lb
Dry mustard
1 1/2 tsp
Nutmeg
1 tsp
Carrots
7 1/2 lb
Vegetable oil
8 oz
Honey
2 oz
Broccoli
5 heads

Directions

1. To make the pasta: Boil water [6 servings = 3 quarts; 50 servings = 4 gallons], add salt [6 servings = 1 tsp; 50 servings = 2 tbsp]. Cook pasta for 5 minutes or al dente, stirring occasionally. Drain well & rinse.
2. To make cauliflower puree: Trim florets. Bring water to boil [6 servings = enough to steam; 50 servings = 1 qt]. Add cauliflower, cover, cook 8-10 minutes or until tender. Do not drain. Puree until smooth.
3. To make cheese sauce & cauliflower puree: In large stock pot on low heat, add milk, cream cheese and heavy cream; stir until smooth. Add cheddar, Parmesan, nutmeg and dry mustard. Fold in cauliflower puree. Whisk until smooth. Salt & pepper to taste.
4. To make roasted carrots: Peel and trim carrots. Cut into 2-inch pieces. Mix honey into oil. Toss carrots in oil mix; add salt and pepper [6 servings = 0.5 tsp salt, pinch of pepper; 50 servings = 1.5 tsp salt, 1 tsp pepper]. Roast in 300-degree oven for 40 - 50 minutes on a sheet pan.
5. To make broccoli: Trim broccoli. Bring water to a boil [6 servings = water enough to steam; 50 servings = 1 qt.] Add broccoli, cover, cook for 8 - 10 minutes. Drain.
6. Mix pasta, warm cheese sauce, carrots and broccoli - and serve.

Serving

1 cup

Language

English



Source: Cove Elementary School (Recipes for Healthy Kids Competition)

[Find tips and resources](#) for safe food handling and proper cooking temperature guidance.



