



Green for Go Local

Ingredients in **green** = locally grown or produced



Sweet Potato



Carrot



Squash



Cheese



Milk

Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

Cheese sauce: \$0.81

Macaroni: \$0.36

Veggies and **fruit**: \$0.46

Total cost per Elementary School serving: \$1.63

Creamy Mac & Cheese

By Jenny & Rosie with Carla Durno, Head Cook at Somerset & District School

Yield: 50 × 8 oz (250 mL) Elementary School servings

Serving Size: Generous ½ cup cheese sauce per 1 cup macaroni; for middle and high school students, increase portion amounts by 50%

Shopping List

Ingredients	For 25	For 50	For 100
Sweet potatoes, carrots, or squash	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
Butter	1 cup (227 g)	1 lb (454 g)	2 lb (907 g)
All-purpose flour	1 cup (250 mL)	2 cups (500 mL)	4 cups (1 L)
Milk	8 cups (2 L)	16 cups (4 L)	32 cups (8 L)
Grated parmesan	½ cup (125 mL)	1 cup (250 mL)	2 cups (500 mL)
Grated cheddar	5 cups (575 g)	10 cups (1.15 kg)	20 cups (2.3 kg)
Salt	1 Tbsp (15 mL) & 1 tsp (5 mL)	2 Tbsp (30 mL) & 2 tsp (10 mL)	¼ cup (60 mL) & 4 tsp (20 mL)
Dry mustard	1 Tbsp (15 mL)	2 Tbsp (30 mL)	4 Tbsp (60 mL)
Whole wheat macaroni	3 lb (1.36 kg)	6 lb (2.72 kg)	12 lb (5.44 kg)
Fruit/veg side (total)	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

Tips & Tricks

Make Extra

Make extra sweet potato, carrot, or squash purée and freeze in recipe size batches to save a step next time. Make extra cheese sauce and freeze in batches. Label clearly.

Conversion Measures

- 1 lb (454 g) of whole squash = 1 cup (250 mL) purée
- 1 lb (454 g) of sweet potato (3 medium) = 2 cups (500 mL) purée
- 1 lb (454 g) of carrots (5 medium) = 2 cups purée
- 2 oz (56 g) dry macaroni = ½ cup (125 mL) dry volume and makes 1 cup (250 mL) cooked pasta

Leftovers

Cheese sauce is great for baked potatoes or for nachos (add beef, peppers, tomatoes and other toppings to tortilla chips).

Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Creamy Mac & Cheese! Eat as many colours of fruit and veggies as you can each day because they all help keep different parts of your body stay strong. Yellow and orange keep your eyes healthy and your skin glowing!"
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases student/parent participation.



e.g. **Sweet Potato:** Patate douce (French), Patata dulce (Spanish), Süßkartoffel (German)



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Broccoli, cauliflower** or **carrot** - lightly cooked
- ★ **Fresh tomato**
- ★ **Spinach**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Corn**
- ★ **Olives**
- ★ **Dried Italian herbs**
- ★ **Fresh basil**
- ★ **Diced chicken, diced baked ham, coldwater shrimp, snow crab, lobster** or tuna
- ★ **Ketchup, salsa** or hot sauce
- ★ **Fruit**
- ★ **Caesar salad** (romaine and kale blend, garlic croutons, parmesan, crispy **bacon bits**)

Equipment (for 50)

- Large saucepan
- 20 qt pot
- One or two 4" deep full-size hotel pans
- Food processor, blender or immersion blender – can save time in many recipes

Directions

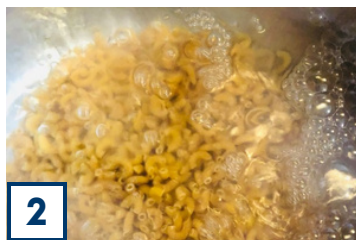
Note: Wash all produce well.



1

Assemble ingredients. Peel and dice sweet potatoes, carrots or squash.

For a sharper taste that older students might enjoy, add more Parmesan or use extra old cheddar.



2

For Macaroni: Bring a large pot of water to a boil while making cheese sauce. Add the macaroni and salt and boil until the macaroni is quite tender, about 10 minutes. Drain the macaroni.



3

For Cheese Sauce: Place sweet potatoes, carrots or squash in a large pot and add enough water to cover. Bring to a boil, then reduce heat to low and simmer until tender, 10-15 minutes. Drain, then purée in a blender or food processor. Set aside.



4

Melt the butter over medium-low heat in a large, heavy saucepan. Whisk in the flour and cook for a minute. Slowly add the milk, whisking constantly to avoid lumps.

Continue to whisk frequently as the mixture thickens and begins to bubble, about 20 minutes.



5

Add parmesan, 8 cups of grated cheddar, salt and mustard powder and whisk to combine. Whisk in the sweet potatoes, carrots or squash. Taste and adjust salt if necessary. If the sauce seems too thick add a little more milk or water.

Combine macaroni with the cheese sauce in a large hotel pan. Sprinkle with the additional 2 cups grated cheddar. Hold the macaroni and cheese warm at a minimum 140°F (60°C) internal temp in the oven or steam table.



6

To Serve: Create a mise en place ("everything in its place") station by laying out all the prepared ingredients you need to get ready to plate.

Organize the ingredients in the order that you will use them. If using a salad bar, place toppings in the salad bar.

Assemble plates. If the mixture becomes dry as it is held, add a little water or milk and stir. The sauce and macaroni could also be served separately.