



### Green for Go Local

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



Milk



Butter



Cheese



Sweet Potato



Carrot



Squash

## Creamy Mac & Cheese

By Jenny & Rosie with Carla Duorno

Serves 4-6

### Ingredients

*For Cheese Sauce:*

½ lb (227 g)  
¼ Cup (60 mL)  
¼ Cup (60 mL)  
2 Cups (500 mL)  
2 Tbsp (30 mL)  
2 Cups (300 g)  
½ tsp (2 mL)  
¼ tsp (2 mL)

**Sweet potatoes, carrots, or squash**, peeled and diced  
**Butter**

All-purpose flour

**Milk**

Grated **parmesan** or **asiago cheese**

Grated **cheddar cheese**

Salt

Dry mustard

*For Macaroni:*

1 package (375 g)  
2 tsp (10 mL)

Whole wheat macaroni

Salt

### Directions

*Note:* Wash all produce well.

1. Place the sweet potatoes, carrot 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.
2. To make the sauce, melt the butter over medium-low heat in a 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, 5-10 minutes. Remove from heat.
3. Sprinkle in the cheeses, salt and optional mustard powder and whisk to combine. Whisk in the mashed sweet potatoes, carrots or squash if using. Taste and adjust salt if necessary. If the sauce seems too thick, thin with water or a little milk.
4. Meanwhile, bring a large pot of water to a boil. Add the macaroni and salt and boil until the macaroni is tender, about 10 minutes. Drain the macaroni, return to the cooking pot and pour in the cheese sauce.
5. Stir to combine. The sauce and macaroni could also be served separately.



## Create Your Plate!

### Veg It Up

In Step 5 of the recipe directions, add blanched cauliflower, broccoli, and/or carrots for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ **Broccoli** - lightly cooked
- ★ **Cauliflower** - lightly cooked
- ★ **Carrot** - lightly cooked
- ★ **Fresh tomato**
- ★ **Spinach**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Corn**
- ★ Olives
- ★ Dried Italian herbs
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **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)**



Broccoli



Cauliflower



Carrot



Tomato



Spinach



Green Onion



Peppers



Mushrooms



Corn



Olives



Basil



Cheese



Chicken



Ham



Tuna



Fruit