









# INDULGE













## **1** Blackened Shrimp Macaroni and Cheese

- 8 ounces pasta of choice
- 1 teaspoon olive oil
- 8 ounces small raw shrimp (peeled and deveined)
- 4 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 2 1/2 cups shredded sharp cheddar cheese
- 11/2 cups shredded Gruyere cheese
- Blackening seasoning to taste
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente. Heat one tablespoon of olive oil in stock pot and sauté shrimp with desired amount of blackening seasoning until cooked through (approximately two minutes). Set shrimp aside. In same pot, melt butter and sprinkle with flour. Cook for one minute. Gradually pour milk, whisking constantly and cooking until thickened. Stir in cheese, mix until melted, add pasta and blackened shrimp, adjust seasonings, and serve.

# **2** Chicken Cordon Bleu Macaroni and Cheese

- 8 ounces pasta of choice 4 tablespoons unsalted butter
- 1/2 cup diced onion
- 1 tablespoon minced garlic
- 1/2 cup diced ham
- 1/4 cup cooked and chopped bacon (optional)
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 3 cups shredded Swiss cheese
- 1 cup shredded Parmesan
- 1 pound chicken strips
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente. Melt butter in a sauce pan. Sauté onions, garlic, ham, and bacon (if desired) in butter until onions are translucent. Whisk in flour and cook for one minute, then whisk in milk and cook until thickened. When thickened, stir in cheese. Once cheese is melted, fold in pasta and chicken strips, adjust seasoning, and serve.

# **3** Classic Baked Macaroni and Cheese

- 8 ounces elbow noodles
- 4 tablespoons unsalted butter
- 1/2 cup all-purpose flour
- 2 cups whole milk
- 1 bay leaf
- 2 1/2 cups shredded sharp cheddar cheese
- 11/2 cups shredded Gruyere cheese
- 1/2 cup panko bread crumbs
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente. Reserve one cup of cooking water. Preheat oven to 400 degrees. While the oven heats, melt butter in sauce pan and whisk in flour for approximately two minutes. Whisk in milk and add bay leaf and salt and pepper until thick. Remove bay leaf and stir in cheeses (reserve 1/2 cup of cheddar for top). Once melted, stir in pasta and reserved water. Once mixed, pour mixture into buttered baking dish and top with 1/2 cup of cheddar and buttered panko bread crumbs. Bake for 15 minutes and serve.

## **4** Chicken and Waffle Macaroni and Cheese

- 8 ounces pasta of choice
- 4 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 2 cups shredded sharp cheddar cheese
- 2 cups shredded Gruyere cheese
- 1 tablespoon sugar
- 1 pound chicken strips
- Waffle cones
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente. Melt butter in a sauce pan. Whisk in flour and cook for one minute, then whisk in milk until thickened. Add cheeses and sugar, stirring until cheese is melted. Once melted, stir in pasta and adjust seasoning. Chop up the chicken strips and fold in. You may serve in the cone or use a crushed cone for a garnish on top.

# **5** Spinach and Artichoke Macaroni and Cheese

- 8 ounces whole wheat pasta
- 1 tablespoon olive oil
- 2 cans artichoke hearts, drained
- 2 tablespoons unsalted butter
- 1/2 cup diced onion
- 1 tablespoon minced garlic
- 1/4 cup whole-wheat flour
- 21/2 cups nonfat milk
- 1/3 cup plain Greek yogurt
- 3/4 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan
- 8 ounces baby spinach
- 1/4 cup panko bread crumbs
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente and preheat oven to 350 degrees. Heat one tablespoon olive oil in stock pot and sauté artichoke hearts until lightly browned, then set aside. In same pot, melt butter and sauté onions and garlic until translucent. Sprinkle with flour. Cook for one minute. Gradually pour milk in and whisk until thickened. Remove from heat, then stir in yogurt and mozzarella. Add pasta and artichoke hearts, then fold in spinach. Pour mixture into greased baking dish and top with Parmesan and buttered panko bread crumbs. Bake for 20 minutes.

# **6** Jalapeño Popper Macaroni and Cheese

- 8 ounces pasta of choice
- 4 tablespoons unsalted butter
- 2 diced jalapeño peppers
- 1/4 cup diced onions
- 1 tablespoon garlic
- 1/4 cup cooked and chopped bacon
- 1/4 cup all-purpose flour
- 2 cups provel cheese
- 2 cups shredded sharp cheddar cheese
- Salt and pepper to taste

Cook pasta in salted boiling water until al dente. Meanwhile, melt butter in sauce pan and sauté peppers, onion, garlic, and bacon until onions are translucent. Whisk in flour and cook for one minute. Then whisk in milk until thickened. Once thick, add cheeses, stir until melted, add pasta, and adjust seasoning. Enjoy! JC