

The Friday 4

4
FRESH
IDEAS YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: No One Will Believe There is No Cream in the Cheesy Sauce!

BEANS Make it Creamy!

BETTER Mac and Cheese

- 1 TB Unsalted Butter
- 2 TB Olive Oil
- 1 Clove Garlic, grated
- 3 TB Whole Wheat Flour
- 3 Cups Evaporated Milk
- ½ Tsp EACH Sea Salt and Black Pepper
- 1 Tsp *Dry Mustard
- 1 ½ Cups Grated Sharp Cheddar
- ½ Cup Grated Parmesan, divided
- 1 ½ Cups Whole Wheat Pasta, Cooked and Drained
- 1 (15 OZ) Can of Cannellini Beans, Drained Rinsed and PUREED
- 1 Cup Whole Wheat Panko Crumbs
- 2 TB Minced Parsley or Basil
- Olive Oil Spray or 1 Tsp Olive Oil

Step One Preheat the oven to 350F. In

a stockpot pan, melt the butter and oil over medium heat. Add the garlic and cook and stir until fragrant or about 1 minute. Whisk in the flour and stir while the flour toasts. Stir until the mixture is light golden. (You are making a simple roux.)

Step Two Pour in the milk, continuously stirring or whisking until the roux has thickened. Season with salt, pepper, and mustard. Add the cheddar and 1/4 cup of the Parmesan cheese a little at a time, stirring until it melts. Gently stir in the cooked pasta and beans. Pour into a oiled casserole dish.

Step Three In a small bowl, toss the breadcrumbs with the remaining Parmesan and herbs. Sprinkle over

the casserole and spray or drizzle with olive oil. Bake uncovered for 35-40 minutes, until bubbly and browned at the edges. Remove from the oven and let rest for 15 -20 minutes before serving.

2 Kitchen Smidgen

*The yellow "Colemans" dry mustard tin may be one of the most easily identified spices in your cabinet. A potent combination of brown and white powdered mustard seeds, it has been made in rural Norwich, England since 1814.

3 Get Creative

Next time you want to make a cream sauce, don't open the carton of heavy cream! Place some of your veggies in the blender - and then add them back to the sauce. You'll find the same creamy texture without all the fat and calories!

4 WINE of the Week

Kim Crawford Unoaked Chardonnay

New Zealand
Total Wine around \$14.00

You may think of Kim Crawford wines as the quintessential New Zealand sauvignon blanc - and you'd be right! But they also make this mouthwatering crisp and clean tasting chardonnay without a hint of oak. Its a great pair to cut through the creaminess of the mac and cheese, bringing fruit-forward flavors of juicy melons and pineapple.