4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

the Taste and Savor Life!
Food, Wine, and Travel with Chef Nancy



1 Quick Recipe:

Easy Homemade Mac and Cheese

2 (15 OZ) Cans of Cannellini (White) Beans, drained and rinsed well
1 1/2 Cup Non Fat Plain Greek Yogurt
¼ Tsp Cayenne Pepper
Sea Salt and Pepper to taste
3 Cups Grated Sharp Cheddar
3 TB Grated Parmesan Cheese
1 Box Pasta Shape like Penne or Macaroni, cooked as the package directs
1/2 Cup Panko Bread Crumbs
Olive Oil Spray
3 TB Chopped Parsley for Garnish

Step One Preheat the oven to 350F. Puree the beans and the yogurt together in a food processor. Add in the cheddar and Parmesan and pulse a couple of times to blend.

Step Two Pour into a casserole dish and stir in the cooked pasta. Sprinkle the panko over the top of the casserole and spray with the olive oil.

Step Three Bake uncovered for 30 minutes, until bubbly and browned at the edges. Garnish with chopped parsley and serve.

2 Kitchen Scoop

I've added couple of ingredients to make this mac and cheese more delicious, and lighter, too. You won't be able to taste the 1/4 Tsp of Cayenne Pepper we are adding, it simply adds a little "pop" of flavor to all the creamy dairy and cheese. And the second ingredient? The small amount of salty, pungent Parmesan reinforces the cheddar flavor to make the mac even "cheesier". That's a secret you can use in any cheesy casserole (Even the commercial blue box of mac and cheese uses parmesan to amp up the cheesy flavor!)

3 Clever Idea

"Panko" refers to the style of bread crumbs - not the bread itself. The light airy crumbs are used in Japan for breading a dish called tonkatsu, typically a pork cutlet, dipped in egg and panko and fried. But good news -you don't need to fry the crumbs to make them crispy and delicious!

4 Cheers!

Banfi Gavi Principessa
Piedmont, Italy
About $14

I wanted to pair this mac and cheese with a real crowd-pleasing wine, so I chose Gavi! From Italy's Piedmont region, Gavi is made from the Cortese grape and is refreshing, with rich, round "stone fruit" flavors. When you see "stone fruit" in a wine description, think of the juicy, fruit-forward flavors of a ripe peach, nectarine, or apricot. With its bright acidity and crisp finish, Gavi cuts through the creamy, cheesy richness of mac and cheese, making every bite taste even better!