

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box:

One of our favorite recipes:



Vermont Cheddar Mac and Cheese

Time: 2 hours

Ingredients

- 1 package (1 lb) macaroni or small pasta
- 4 cups milk
- 4 TBSP butter
- 4 TBSP all-purpose flour
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 10-oz bricks of extra-sharp Vermont cheddar cheese, shredded
- 1/2 to 3/4 cup of Grape Nuts cereal

Directions

1. Preheat the oven to 350°F. Cook the pasta in salted water until al dente, then drain.
2. Meanwhile, heat milk in a saucepan or microwave-safe dish until hot, but not boiling.
3. In a large saucepan or Dutch oven, melt the butter over medium-low heat. When butter is melted, whisk in the flour until there are no lumps left. Whisking constantly, cook for about 1 minute or until the mixture starts to appear slightly translucent.
4. Gradually whisk in the warm milk, stirring thoroughly to eliminate any lumps. Once all the milk has been added, stir thoroughly and cook until slightly thickened, about 5 minutes.
5. In handfuls, add the shredded cheese, stirring until each handful dissolves into the sauce. Once all the cheese has been added, keep sauce warm.
6. Pour pasta into a casserole dish or oven-safe bowl. Coat with sauce. Sprinkle Grape Nuts cereal over the top; amount will depend on the surface area of your container.
7. Place mac and cheese in the oven and bake for about 1 hour, or until bubbly. Allow it to cool before serving.

Best if served with fresh Vermont apple sauce!

