

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE #1

### CHANTELLE'S FAMOUS MAC AND CHEESE

#### INGREDIENTS

½ lb of Elbow Macaroni

3 Tablespoons Butter

3 Tablespoons Flour

1 Tablespoon Powdered Mustard

3 Cups Milk

½ Cup Yellow Onion, Finely Diced

1 Bay Leaf

½ Teaspoon Paprika

1 Large Egg

16 Ounces of Sharp Cheddar (White, Yellow, Mix)

Salt & Pepper

Breadcrumbs (optional)

#### EQUIPMENT

Large Pot

## CHEF'S TIPS

I use both white and yellow sharp cheddar and sometimes throw gruyere in there too. It's basically whatever is in my cheese bin, but I try to only use Cabot because its lactose free and I use Fairlife milk, also lactose free. Can top with breadcrumbs but instead of the crumbs I use the extra cheese as topping. Also, I make the noodles first, drain them and just set aside so that you only need to use one pot.

## DIRECTIONS

- Preheat oven to 350 degrees F.
- In a large pot of boiling, salt water and cook the pasta to al dente.
- While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.
- Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.
- Melt the butter in a saute pan and toss the bread crumbs, if using, to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

# RECIPE #2

## THANKSGIVING SWEET POTATOES

### INGREDIENTS

3-4 Medium Sweet Potatoes, peeled and cut into 1.5" cubes (can be bought cut at the store)

½ Stick Butter

Pinch kosher salt

1/3 cup Light Brown Sugar (lightly packed)

½ Teaspoon Cinnamon (more if you like it)

¼ Teaspoon Fresh Grated Nutmeg

1 Tablespoon Good Vanilla Extract (more if you like it)

¼ Cup Water

### EQUIPMENT

Large Sauce Pot

### DIRECTIONS

- Combine all in a sauce pot and turn on to medium heat
- When you see it bubbling, give it a good stir and clamp the lid back on, turn to medium-low for about 20 mins until the potatoes soften and the sauce thickens
- Simple yummy sweet potatoes without taking up space in the oven. Can be made ahead 2 days.