

MACARONI WITH SMOKED CHEESE AND SPINACH

2 tbsp (25 mL) butter	1 cup (250 mL) shredded smoked Gruyere cheese
1/3 cup (75 mL) sliced green onions	1/3 cup (75 mL) freshly grated Parmesan cheese
2 cloves garlic, finely chopped	2 cups (500 mL) elbow macaroni, cooked, rinsed and drained
2 tbsp (25 mL) flour	5 cups (1.25 L) baby spinach
1/2 tsp (2 mL) salt	1 tbsp (15 mL) butter
1/4 tsp (1 mL) freshly ground pepper	1/2 cup (125 mL) soft fresh bread crumbs
1/8 tsp (0.5 mL) nutmeg	
2 cups (500 mL) milk	

To prepare sauce, melt 2 tbsp (25 mL) butter in a large saucepan over medium heat. Add green onions and garlic; saute for 2 minutes. Stir in flour, salt, pepper and nutmeg; cook for 1 minute. Gradually stir in milk; cook, stirring, until thickened. Reduce heat and gradually stir in Gruyere cheese and Parmesan cheese. Stir until cheese is melted. Remove from heat. Combine sauce with cooked macaroni and spinach until mixture is blended and spinach is wilted. Spoon macaroni mixture into a greased shallow 2 quart (2 L) baking dish. Melt 1 tbsp (15 mL) butter in a small frypan over medium heat. Stir in bread crumbs and cook, stirring frequently, for 1 minute. Sprinkle bread crumbs over macaroni mixture. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, uncovered, at 350°F (180°C) for 25 - 30 minutes or until bubbly and heated through. Serves 4.

PASTA WITH BLUE CHEESE AND WHITE CHEDDAR

1/4 cup (50 mL) butter	1 cup (250 mL) light cream (10%)
1/4 cup (50 mL) flour	3 cups (750 mL) shredded white cheddar cheese
1/2 tsp (2 mL) freshly ground pepper	1 1/2 cups (375 mL) crumbled blue cheese, divided
1/4 tsp (1 mL) salt	16 oz (500 g) cavatappi pasta, cooked, rinsed and drained
1/8 tsp (0.5 mL) nutmeg	2 tbsp (25 mL) thinly sliced green onion
Dash cayenne pepper	
2 cups (500 mL) homo milk	

To prepare sauce, melt butter in a saucepan over medium heat. Stir in flour, pepper, salt, nutmeg and cayenne pepper; cook for 1 minute. Gradually stir in milk and cream; cook, stirring, until thickened. Reduce heat and gradually stir in cheddar cheese and 1 cup (250 mL) blue cheese. Stir until cheese is melted. Remove from heat. Combine sauce with cavatappi. Spoon mixture into a greased shallow 3 quart (3 L) baking dish. Sprinkle with remaining 1/2 cup (125 mL) blue cheese. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, uncovered, at 350°F (180°C) for 35 - 40 minutes or until mixture is heated through and bubbly. Sprinkle with onion. Serves 6 - 8.

Cook's Note: Cavatappi pasta is a short ridged spiral macaroni. It is sometimes called sedani ritorti. Elbow macaroni may also be used.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393.

For cooking ideas and great recipes, visit our website at www.atcoblueflamekitchen.com.

CURRIED PASTA AND CHEESE

An updated version of Macaroni and Cheese, this comforting dish is a great way to use up leftover cheese or combinations of cheese, such as brick, cheddar, Edam, Gouda and Swiss. The addition of a little blue cheese adds a rich flavour. Use leftover rolls to make fresh bread crumbs.

1 1/2 tbsp (22 mL) cornstarch	2 tbsp (25 mL) butter
1 tsp (5 mL) curry powder	2 1/4 cups (550 mL) shredded cheese
1 tsp (5 mL) dry mustard	8 oz (250 g) cavatappi pasta, cooked, rinsed and drained
1/8 tsp (0.5 mL) cayenne pepper	Curried Bread Crumbs, recipe follows
Dash freshly ground nutmeg	
2 1/4 cups (550 mL) homo milk	

To prepare sauce, combine first 5 ingredients (cornstarch through nutmeg) in a large saucepan. Gradually whisk in milk. Add butter. Cook over medium heat, whisking constantly, until sauce thickens and comes to a boil. Remove from heat and gradually stir in cheese. Stir in cooked cavatappi. Spoon mixture into a greased shallow 2 quart (2 L) baking dish. Sprinkle Curried Bread Crumbs over top. May be refrigerated for up to 24 hours or frozen for up to 1 month. Thaw in refrigerator before proceeding. Bake at 350°F (180°C) for 25 - 30 minutes or until mixture is heated through and bubbly. Serves 4.

Cook's Note: *Cavatappi pasta is a short, ridged, spiral macaroni. It is sometimes called sedani ritorti. Elbow macaroni may also be used.*

Curried Bread Crumbs: Melt 1/4 cup (50 mL) butter in a frypan. Stir in 1/2 tsp (2 mL) **each** dry mustard and curry powder and a dash cayenne pepper. Cook for 1 minute. Add 2 1/2 cups (625 mL) fresh bread crumbs. Cook, stirring frequently, until bread crumbs are crisp and golden.

TACO MACARONI

1 lb (0.5 kg) lean ground beef	1 pkg (225 g) macaroni and cheese dinner
2 tsp (10 mL) oil	2 tomatoes, diced
2 1/2 cups (625 mL) water	2 green onions, sliced
1 pkg (35 g) taco seasoning mix	

Brown beef in oil; drain. Add water and taco seasoning mix; bring to a boil. Stir in macaroni, reduce heat, cover and simmer 7 minutes or until macaroni is tender. Stir occasionally. Stir in cheese sauce mix, tomatoes and onions. Serve immediately. Do not freeze. Serves 6.