**Macaroni and Cheese**

15 mL margarine

15 mL flour

1 mL salt

1 mL mustard powder

Sprinkle cayenne

125 mL milk

pinch pepper

1 block cheddar cheese, grated

250 mL macaroni

15 mL parmesan

**Challenge:**

Become an innovator and make changes to make this different and awesome!

**Meat add in:** Italian Sausage, ground beef, chicken and check the fridge.

**Veggie add in:** peppers, onions, frozen veggies, broccoli, cauliflower, spinach, check the fridge.

**Toppping:** bread crumbs, shreddies, check the pantry.

**Spices:** check the pantry

**Other awesome ideas??** check with your teacher

1. Fill a medium pot half full of water. Turn heat to high and bring to a boil. Add macaroni and turn heat to 7. Cook for 8-10 minutes until macaroni is al dente.
2. Meanwhile, in a small pot melt margarine. Add flour, stir well. Cook for 1 minute.
3. **Very, very slowly** add small amounts of milk, stirring well after each addition. Bring to a boil and turn heat to 1.
4. Add salt mustard, cayenne and pepper.
5. Grate cheese and add to sauce. Stir until cheese is melted, remove from heat.
6. Drain water from the macaroni. Pour macaroni into a casserole dish. Pour sauce in and stir to combine. Sprinkle with parmesan.
7. Bake uncovered for 15 minutes.

Rewrite the steps that need to be changed to incorporate your changes.

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