

RECIPE:

Vermont White Cheddar Mac & Cheese



We're proud of our new Vermont White Cheddar Mac & Cheese recipe, which contains only eight main ingredients. We thought you might like to try a similar recipe at home. What's the difference between our recipe and the one below, you might ask? We're happy to explain!*

*Organic skim milk, cooked organic cavatappi, reduced fat Vermont cheddar cheese, sharp Vermont cheddar cheese, rice starch, sea salt, organic butter, and mustard flour.

- Our recipe contains two types of cheese: extra sharp white cheddar and reduced-fat Vermont white cheddar, which isn't always easy to find in stores. We think using just Vermont white cheddar will be delicious, although your recipe will be higher in fat than the Lean Cuisine® Marketplace variety.
- We use rice starch* rather than corn starch. We recommend corn starch because rice starch is hard to find. You may be able to find some in your local co-op.
- We use organic, half-curl cavatappi pasta, which is made specially for Lean Cuisine. Your favorite type of pasta will work just as well though!

*We use starch from rice, which has no GMO varieties.

Ingredients:

*1 cup organic macaroni or pasta of choice
1 1/2 cups organic skim milk
1/2 tablespoon organic unsalted butter
2 1/2 tablespoons corn starch
1 teaspoon sea salt
1/8 teaspoon or a pinch of ground mustard
1/2 cup sharp Vermont white cheddar cheese,
shredded*

Steps:

- 1. Boil your organic pasta according to package instructions. Drain.*
 - 2. Warm 1/2 cup of organic skim milk and organic butter in sauce pan.*
 - 3. Whisk remaining organic skim milk and corn starch in a separate bowl until a smooth liquid forms.*
 - 4. Pour milk and corn starch mixture into warmed milk slowly while whisking.*
 - 5. Cook sauce on medium heat until it thickens.*
 - 6. Remove from heat and add sea salt, ground mustard, and shredded cheese. Stir until cheese is melted.*
 - 7. Combine with pasta and enjoy!*
- (Makes four one-cup servings.)*