

DINNER

Macaroni and Cheese

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	8	\$0.78	506 kcal

Macaroni and Cheese is a main course that serves 8. One portion of this dish contains around 21g of protein, 21g of fat, and a total of 506 calories. For 78 cents per serving, this recipe covers 17% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup fresh bread crumbs
- ☐ 1 tablespoon canola oil
- ☐ ½ cup cottage cheese
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 cups milk
- ☐ ¼ cup grated Parmesan, plus 8 ounces
- ☐ 8 servings Salt
- ☐ 3 tablespoons butter
- ☐ 8 ounce block Cheddar, grated
- ☐ 1 pound elbow macaroni
- ☐ 1 tablespoon chopped fresh parsley leaves
- ☐ 1 teaspoon paprika
- ☐ 8 servings Freshly cracked black pepper

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Whisk, Pot, Baking pan

Method

- 1

Preheat oven to 350 degrees F.
- 2

Bring a large pot of salted water to a boil over medium heat.
- 3

Add the macaroni and cook until slightly underdone, or very al dente, about 7 minutes.

- 4 Drain the pasta and return it to the pot.
- 5 In a saucepan over medium heat, melt the butter and stir in the flour. Cook, stirring constantly, until the roux turns a very pale golden color.
- 6 Add the milk and whisk well to remove any lumps. Bring to a simmer over low heat.
- 7 Meanwhile, in a small bowl, mix together the bread crumbs, 1/4 cup of Parmesan, parsley and canola oil. Reserve.
- 8 Add the paprika, Cheddar, the remaining 8 ounces of grated Parmesan, the cottage cheese and salt and pepper, to taste, into the milk mixture.
- 9 Pour the cheese sauce over the pasta and stir to combine.
- 10 Reserve 3 cups for the Round 2 web recipe Spicy Macaroni and Cheese Bites.
- 11 Spray a 9 by 13-inch ovenproof baking dish with cooking spray.
- 12 Pour in the macaroni and cheese and spread it evenly in the pan.
- 13 Sprinkle with the bread crumb mixture and bake for about 30 minutes until the bread crumbs are toasted and golden.

Nutrition per serving

	506 KCAL	21 g PROTEIN	21 g FAT	59 g CARBS
Saturated Fat				10.5 g · 65% of daily needs
Fibre				2.6 g · 11% of daily needs
Sugar				5.8 g · 6% of daily needs
Sodium				630 mg · 27% of daily needs
Cholesterol				51.3 mg · 17% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/macaroni-and-cheese-147948