



# FLOUR CITY PASTA

## TRADITIONAL PASTA WITH

## JON'S HOMEMADE MAC AND CHEESE RECIPE

### Ingredients:

- 1/2 lb. Pasta cooked al dente (about 8 minutes).
- 1/2 cup grated parmesan cheese
- 2 cups shredded cheddar cheese
- 3 cups milk
- 1/4 cup butter
- 2-1/2 tbs. flour
- 2 tbs. butter
- 1/2 cup bread crumbs
- 1 pinch paprika

### Directions:

1. Cook the pasta al-dente.
2. In a saucepan, melt the butter over medium heat. Stir in the flour to make a roux.
3. Add milk to roux slowly, stirring constantly.
4. Stir in the cheeses, and cook over low heat until all cheese is melted and the sauce is a little thick.
5. Put pasta in a large casserole dish, and pour sauce over it. Stir well.
6. Melt a little more butter in a skillet over medium heat. Add bread crumbs and brown. Spread over the pasta and cheese to cover. Sprinkle with a little paprika.
7. Bake at 350 for 30 minutes. Serve

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 81g
Serv. Per Cont. 3	Sat. Fat 0.5g	<b>3%</b>	Fiber 5g	<b>18%</b>
<b>Calories</b> 380	<i>Trans</i> Fat 0g		Sugars 0g	
Fat Cal. 25	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 16g	
	<b>Sodium</b> 0mg	<b>0%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 20%

INGREDIENTS: Organic Wheat, Durum, Natural Wheat Protein

CONTAINS: Wheat

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