

Macaroni Cheese with Peas and Corn

2 cups trim milk
 2 Tbsps plain flour
 1 tsp hot English mustard (powder or prepared)
 1 tsp stock concentrate (powder or liquid)
 1 tsp salt
 pepper to taste
 1 ½ cups grated edam cheese
 ½ cup grated parmesan cheese
 2 cups macaroni elbows, cooked
 1 onion, finely chopped and sautéed (or microwaved) until softened
 1 cup frozen peas
 1 cup whole kernel corn, drained
 ¼ cup wholemeal toasted breadcrumbs
 1 large or 2 medium tomatoes, sliced

In a saucepan mix milk, flour, mustard, stock concentrate, salt and pepper together; whisk to combine.

Heat on medium until boiling, reduce heat and simmer for a few minutes until thickened. Remove from heat and add half of the edam and parmesan; stir to combine.

Stir in macaroni, onion, peas and corn. Pour mixture into an ovenproof dish., sprinkle with breadcrumbs, lay tomato slices over top and then sprinkle with remaining cheese.

Cook at 190C for 20 minutes or until golden and heated through

NB Chopped cooked bacon or ham can be added to the sauce if desired

Serves 6

Health Habits:

- Using trim milk and thickening with flour (not butter and flour) - reduces fat content
- Using Edam cheese instead of higher fat hard cheeses – reduces fat content
- Adding peas, corn and wholemeal crumbs - adds valuable fibre

Traditional Macaroni Cheese <i>per serve</i>	This Version <i>per serve</i>
Kilojoules: 2150	Kilojoules: 1406
Fat: 33g	Fat: 11g
Fibre: 1g	Fibre: 4 g