



Stealth Mac and Cheese

This is "Eat your Veggies" Mac and Cheese. Carrot puree is blended with Cheddar and Parmesan cheese sauce for the familiar orange mac and cheese color. Use Whole Grain, Barilla Protein+™ or Veggie elbows for added nutritional benefit and parent appeal.

Instructions

Cook the Barilla® pasta for half the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking. Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

Combine the vegetables in a pot with water to cover. Bring them to a simmer and cook, covered, until the vegetables are fork tender. Drain and reserve the water. Return the vegetables to the pot.

Add the milk and 4 1/2 cups reserved cooking water. Puree the vegetables with an immersion blender until smooth. Season with salt and pepper. Cool and refrigerate.

For each serving, to order: Reheat about 1 1/4 cups pasta in simmering water. Drain and add to a saute pan with some of the vegetable puree, about 2 1/2 Tbsp. Cheddar and 1 1/2 Tbsp. Parmesan. Toss to coat, then pour the pasta into a small bowl. Garnish with more Parmesan.

Ingredients

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 24

Servings Per Container servings

Amount Per Serving

Calories 417

Calories from Fat 99

% Daily Value*

Total Fat 11g

17%

Saturated Fat 5g

25%

Trans Fat 0g

Cholesterol 27mg

9%

Sodium 265mg

11%

Total Carbohydrate 58g

19%

Dietary Fiber 6g

24%

Sugars 5g

Protein 22g

44%

Vitamin A 55%

Vitamin C 10%

Calcium 28%

Iron 22%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.