

# Macaroni and Cheese

Macaroni and Cheese is a childhood favorite, a satisfying combination of cheese and pasta. Our version is made even more special with cauliflower!

## CACFP Home Childcare Crediting Information

One 2" x 3 ¾" piece provides 1 oz equivalent meat alternate and 1 oz equivalent grains.



**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

## Ingredients

- 2 cups Water
- 2 ½ oz Fresh cauliflower florets
- 3 cups Water
- 1 ¼ cups or 6 oz Whole-grain elbow macaroni
- 2 tsp Canola oil
- 2 tsp Whole-wheat flour
- ½ cup or 4 oz Low-fat (1%) milk
- 1 cup or 8 oz Skim milk
- 2 cups or 7 ¼ oz Low-fat cheddar cheese, shredded
- ¼ cup or 2 oz Egg whites
- ¼ cup or 2 oz Low-fat sour cream
- ¼ cup or 2 oz Nonfat sour cream
- ¼ cup or 1 oz Fresh diced onion
- ⅛ tsp Ground black or white pepper
- ½ tsp Garlic powder
- 1 ½ tsp Dried onion flakes
- ⅛ tsp Salt
- ½ tsp Lemon pepper

## Directions

- 1 Preheat oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 Heat two cups water to a rolling boil in a medium saucepan.
- 3 Add cauliflower. Cook uncovered for 4 minutes until very soft. Remove, drain, and place in a bowl. Mash cauliflower until smooth. Set aside for step 7.
- 4 Heat 3 cups water to a rolling boil in a medium saucepan.
- 5 Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 7.
- 6 Heat oil in skillet. Add flour to make a roux. Stir briskly with whisk. Slowly add milk and stir until smooth. Reduce heat to low.
- 7 Combine cauliflower mash, macaroni, milk, cheese, egg whites, sour cream, onion, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Add warm roux and stir well.
- 8 Lightly coat a baking dish (8" x 8" x 2") with pan release spray.
- 9 Pour macaroni and cheese mixture into the baking dish.
- 10 Bake:  
Conventional oven: 350 °F for 30-35 minutes.  
Convection oven: 325 °F for 25-30 minutes.

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## Directions continued

- 11** Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 12** Critical Control Point:  
Hold at 140 °F or higher until served.
- 13** Cut each pan into 6 pieces (2" x 3 ¾").
- 14** Serve one - 2" x 3 ¾" piece.

### Source:

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Serving: Calories 243, Protein 17 g, Carbohydrates 29 g, Dietary Fiber 2 g, Total Sugar 5 g, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 15 mg, Sodium 441 mg, Vitamin A 46 mcg RAE, Vitamin C 6 mg, Vitamin D 29 IU, Calcium 260 mg, Iron 1 mg, Potassium 192 mg**





## Macaroni and Cheese

Macaroni and Cheese is a childhood favorite, a satisfying combination of cheese and noodles. Our version is made even more special with cauliflower!

### CACFP Adult Portion Crediting Information

1 piece (2" x 3 3/4") provides 1 oz equivalent meat alternate and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>Preheat oven: Conventional oven: 350 °F. Convection oven: 325 °F.</li> </ol>
Water		2 cups		1 qt	<ol style="list-style-type: none"> <li>Heat water to a rolling boil.</li> </ol>
*Fresh cauliflower florets	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	<ol style="list-style-type: none"> <li>Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVERMIX. Set aside for step 8.</li> </ol>
Water		1 gal		2 gal	<ol style="list-style-type: none"> <li>Heat water to a rolling boil.</li> </ol>
Whole-grain elbow macaroni	2 lb 8 oz	3 qt	5 lb	1 gal 2 qt	<ol style="list-style-type: none"> <li>Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 9.</li> </ol>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<p><b>6</b> Heat oil in skillet.</p> <p><b>7</b> To make a roux, add flour and brown lightly for 2 minutes. Stir constantly.</p> <p><b>8</b> Slowly add milk and water whisk until smooth.</p>
Flour		½ cup	2 oz	1 cup	
Low-fat (1%) milk		1 qt 2 cups		3 qt	
Water		2 cups		1 qt	
*Fresh onion, diced	4 oz	1 cup	8 oz	2 cups	<p><b>9</b> Combine macaroni 7 lb 6 oz (2 gal) with cauliflower puree, onion, milk, cheese, egg whites, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl.</p> <p><b>10</b> Add 1 qt 2 cups (4 lb) roux and toss well.</p>
Skim milk		1 qt 2 cups		3 qt	
Low-fat cheddar cheese, shredded	1 lb 14 oz	1 qt 3 ½ cups	3 lb 12 oz	3 qt 3 cups	
Egg white		¾ cup		1 ½ cups	
Low-fat sour cream	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Non-fat sour cream	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Ground black or white pepper		½ tsp		1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Dried onion flakes		¼ cup		½ cup	
Salt		½ tsp		1 tsp	
Lemon pepper		1 Tbsp		2 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>11</b> Lightly coat a steam table pan (12" x 20" x 2 ½") with pan release spray. Pour about 16 ½ lb (1 gal 3 ½ qt) macaroni and cheese mixture into steam table pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>12</b> Bake until firm: Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 30-40 minutes.</p>
					<p><b>13</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p><b>14</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>15</b> Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>
					<p><b>16</b> Serve 1 piece (2" x 3 ¾" square).</p>



**NUTRITION INFORMATION**

For 1 piece (2" x 3 3/4" square)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>345</b>
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<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	3 g
Cholesterol	18 mg
<b>Sodium</b>	<b>469 mg</b>
<b>Total Carbohydrate</b>	<b>47 g</b>
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>21 g</b>
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Vitamin A	91 mcg RAE
Vitamin C	6 mg
Vitamin D	57 IU
Calcium	339 mg
Iron	2 mg
Potassium	347 mg
N/A=no data available.	

**SOURCE:**

CACFP Adult Portion Recipe Project

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Fresh Cauliflower	1 lb 1 oz	2 lb 2 oz
Fresh Onion	5 oz	10 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

25 Servings	50 Servings
About 14 lb 15 oz	About 29 lb 14 oz
About 2 gal/1 steam table pan (12" x 20" x 2 1/2")	About 4 gal/2 steam table pans (12" x 20" x 2 1/2")

