



Just. Plain. Delicious. A crunchy panko herb crust and a blend of Parmesan, Mozzarella, and Cheddar cheeses are the secrets to our delectable Macaroni and Cheese. For a little lightness, we're serving it with a side of our peppery arugula dressed in a zesty balsamic vinaigrette. And just to keep it fresh, each week, we'll be including a seasonal vegetable for you to add to your salad. We have a feeling everyone's plate will be clean!

Take the béchamel sauce out of the fridge ahead of time and let thaw for 30 minutes.

## Ingredients

béchamel sauce	sweet butter
mozzarella	grated parmesan
white cheddar	arugula salad mix
penne rigate	seasonal salad vegetable
herbed bread crumbs	balsamic vinaigrette

### Ingredient Breakdown

**Béchamel Sauce:** roux, cream, butter, flour, garlic, spring herbs, rosemary, thyme

**Balsamic Vinaigrette:** extra virgin olive oil, vegetable oil, balsamic vinegar, shallots

**WHAT YOU NEED** large pot, strainer, medium bowl, whisk, baking dish, rubber spatula, small sauce pan, large bowl, salad tongs, cutting board, knife

**FROM YOUR PANTRY** salt (sea or kosher), pepper, olive oil



Preheat the oven to 375 F. Remove the béchamel sauce from the refrigerator and let it come to room temperature. Wash and dry all produce that has not been prepped.

Bring a large pot of water to a boil over moderate heat and season to taste with salt. Stir in the pasta and cook for 10 - 12 min. You want it to be slightly undercooked at this stage.



Place the béchamel sauce into a bowl and whisk until smooth (if the sauce is still cold, add a tablespoon or two of boiling water from the pasta to thin it out). Stir in the mozzarella and the cheddar cheeses and set aside.



Lightly oil, or butter a baking dish, or oven proof casserole. Drain the pasta, return it to the pot and stir in the béchamel sauce mixture. Fold together until the sauce and cheese are evenly distributed throughout the pasta.

Place the pasta into the baking dish. Mix the grated Parmesan and the bread crumbs together in a small bowl. Sprinkle the bread crumb mixture evenly over the pasta. Cut the butter into small pieces and place evenly over the top of the bread crumb mixture. Bake for 15-20 min. or until golden brown, and remove from the oven.



While the mac and cheese is baking, cut the ends off of the cucumbers (seasonal salad vegetable) and slice into thin coins. Place the salad mix in a bowl and lightly salt, to taste. Vigorously shake the vinaigrette, drizzle over the salad and toss delicately until everything is coated.

Serve accompanied by the mac and cheese. Enjoy!



### GETTING KIDS INVOLVED

Kids can help whisk the sauce, mix and sprinkle the breadcrumbs, and prepare the salad.



### COOKING

Don't overcook your pasta! Because it continues to cook in the oven, you want it to be slightly underdone when you drain it from the boiling water.



### ENCOURAGING KIDS TO TRY

Does your little one only eat boxed mac and cheese? As delicious as it is, it may take a few tries before they'll eat the homemade kind. Don't get discouraged!