**GOURMET MACARONI AND CHEESE**

**SERVES 2-3**

**INGREDIENTS:**

125 mL elbow macaroni pasta

15 mL margarine

⅙ medium onion, finely chopped

1 medium mushroom, chopped

⅛ green pepper, chopped

¼ tomato, chopped

5 mL flour

Pinch dry mustard

Pinch oregano

Pinch salt and pepper

125 mL milk

125 mL cheese, grated

25 mL fine dry breadcrumbs

**INSTRUCTIONS**

1. Preheat oven to 375°F. Grease a small loaf pan with margarine or shortening.
2. Fill a medium saucepan ¾ full with salted water. Bring to a boil over high heat, covered.
3. While waiting for water to boil, begin preparing vegetables as described above.
4. As soon as water boils, remove lid and set aside or dry it and put it away. Place macaroni into boiling water and boil until al dente (8-10 minutes). When tender, drain in a colander and place in greased loaf pan. Set aside.
5. **Meanwhile** (while pasta is cooking), melt 15 mL of margarine in frying pan over medium heat (#3-4). Add the prepared onion, mushroom and green pepper and sauté **just** until tender, but not brown (3-4 minutes).
6. Combine flour, dry mustard, oregano, salt and pepper. Stir in to vegetable mixture.
7. Add the milk slowly, **stirring continuously** so the milk does not stick to the bottom of the frying pan. Bring sauce **just** to a simmer (slowly bubbling). **Simmer** for about 2 minutes, reducing heat if necessary so the sauce does not boil hard.
8. When sauce is heated through and **slightly** thickened, remove from heat immediately and stir in **HALF** of the grated cheese and the chopped tomato. Do not over-thicken the sauce! You should still be able to pour the sauce! (If it’s too thick, you could add a little water or extra milk, if available, to thin it out.)
9. Pour sauce over the macaroni in the loaf pan and stir gently to combine.
10. In a small bowl, mix the remaining cheese and bread crumbs together. Sprinkle on top of the macaroni.
11. Bake for 15-20 minutes. Macaroni should be bubbling and crispy. Serve immediately.