

Macaroni and Cheese

Preparation Time: 10 mins Cooking Time: 15 mins Serves: 4

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| 1 (8 ounce) box elbow macaroni | ½ teaspoon salt |
| ¼ cup butter | ground black pepper to taste |
| ¼ cup all-purpose flour | 2 cups milk |
| | 2 cups shredded Cheddar cheese |

STEP 1 Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.

STEP 2 At the same time, melt butter in a saucepan over medium heat.

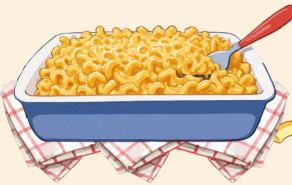
STEP 3 Add flour, salt, and pepper and stir until smooth, about 5 minutes.

STEP 4 Pour in milk slowly, while stirring continuously. Continue to cook and stir until mixture is smooth and bubbling, about 5 minutes, making sure the milk doesn't burn.

STEP 5 Add Cheddar cheese and stir until melted, 2 to 4 minutes.

STEP 6 Drain macaroni and fold into cheese sauce until coated.

Serve hot and enjoy!



Chicken and Pasta Casserole

Preparation Time: 15 Cooking Time: 45 Serves: 6

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| 1 cup dry fusilli pasta | 1 (10.5 ounce) can condensed cream of chicken soup |
| 3 tablespoons olive oil | 1 (10.5 ounce) can condensed cream of mushroom soup |
| 6 chicken tenderloins, cut into chunks | 2 cups frozen mixed vegetables |
| 1 tablespoon dried minced onion | 1 cup dry bread crumbs |
| 1 tablespoon dried basil | 2 tablespoons grated Parmesan cheese |
| 1 tablespoon dried parsley | 2 tablespoons butter, melted |
| garlic powder to taste; salt and pepper to taste | |

1. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.

2. Bring a large pot of lightly salted water to a boil. Cook fusilli in the boiling water, stirring occasionally, until tender yet firm to the bite, about 10 to 12 minutes.

3. Heat oil in a skillet over medium heat. Add chicken; season with minced onion, basil, parsley, garlic powder, salt, and pepper. Cook and stir until chicken is no longer pink in the center and the juices run clear. Stir in fusilli pasta, cream of chicken soup, cream of mushroom soup, and mixed vegetables. Transfer to the prepared baking dish.

4. Mix bread crumbs, Parmesan cheese, and butter together in a small bowl; sprinkle evenly over the casserole.

5. Bake in the preheated oven until bubbly and lightly browned, 30 minutes.