

MIDDLESEX

Mac 'n' Cheese After School Special

by Chef Michelle Washington Wilson

Ingredients

- 8 ounce package of pasta or half a full-size box (any pasta will do)
- 1/2 cup (3 ounces) of American cheese or food pantry cheese, broken into pieces
- 1 cup of milk

Directions - Children should only cook under adult supervision

- 1. Cook pasta according to package directions or by cooking in boiling water for about five minutes.
- 2. Drain water from pasta.
- 3. Add milk to the empty pot and bring that to a simmer.
- 4. Add cheese to the hot milk and stir until melted and mixed.
- 5. Carefully pour hot milk and cheese mixture over pasta and stir.
- 6. Let pasta and cheese sit for about three minutes to cool and firm up.
- 7. Divide into bowls and enjoy! Makes about 4 portions.



Scan the QR code to watch how to make this and other recipes.

Share Your Foodways is a project of the Division of Folklife and Cultural Heritage at the Arts Institute of Middlesex County, New Jersey, with support from the Middlesex County Board of County Commissioners, the New Jersey Folk Festival, the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and the National Endowment for the Arts.







