

CSFP
Recipe of the Month
February, 2014

Here is a variation of an old-favorite winter comfort food! Sweet potato in this macaroni and cheese recipe adds important “immune boosting” nutrients and flavor...try it!!

Sweet Potato Macaroni and Cheese

Makes 4 servings, about 1 1/4 cups each

Macaroni, elbow, dry	2 cups
Sweet potato, canned, drained	1 cup
Milk, lowfat or whole	2 cups
Flour, all-purpose	2 Tablespoons
Garlic, minced (if desired)	1 small clove
Cheese, cheddar, shredded	1 1/4 cups
Mustard, Dijon or other	1 Tablespoon
Salt	1/4 Teaspoon
Pepper, black	1/4 Teaspoon
Peas, canned and drained (or frozen, thawed)	1/2 cup
Breadcrumbs or cracker crumbs	3 Tablespoons



Directions:

1. Cook macaroni in large pot of boiling water until just tender, 7 to 9 minutes. Drain, set aside.
2. Mash canned sweet potato well until smooth.
3. Combine milk, flour, and garlic in a large saucepan; whisk together. Heat over medium heat, whisking frequently until steaming hot but not boiling..
4. Add sweet potato to hot milk mixture; stir or whisk well to combine until smooth.
5. Add cheese, mustard, salt and pepper; stir until the cheese melts.
6. Add the cooked macaroni and peas to the cheese sauce; stir to coat well.
7. Transfer to baking dish or serving dish; sprinkle bread or cracker crumbs on top.
8. Serve immediately or bake in oven for 15 minutes at 300°.

Notes:

1. Use egg noodles or other shaped pasta instead of macaroni.
2. To use fresh sweet potato instead of canned, cook 1 medium sweet potato in boiling water or in microwave. Remove from skin and mash until smooth.
3. Sweet potato contains generous amounts of vitamins A and C and is also high in fiber.
4. Serve with vegetable salad and fruit for dessert to provide a nutrient-rich meal.

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

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Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.