

Three-Cheese Macaroni Extravaganza

This is “the real thing” that those boxed versions try to imitate. Keeping packages of pre-shredded cheeses on hand make it almost as quick to prepare. You can boil the macaroni noodles to your preferred level of tenderness and let the blended flavors of the three real cheeses elevate this dish to gourmet cuisine. Zip it up with onion, or keep the Tabasco sauce handy for the really adventurous—but enjoy its natural simplicity.

2 cups uncooked macaroni noodles

Water for boiling

(optional: 1 to 2 onions, chopped and 1 to 2 Tbsp margarine for sautéing onions)

½ cup grated Parmesan cheese (fresh is best, but the canned type works too)

½ cup shredded Mozzarella cheese

½ cup shredded mild or sharp cheddar cheese

1 ¹/₂ cups milk

½ cup bread crumbs or dry stove-top stuffing

Preheat oven to 350 degrees. Bake for 40 minutes.

In medium pot, boil macaroni in water until you can just cut it with the side of a fork; drain and set aside. (In a medium saucepan, sauté the onions in the margarine until they are clear and tender).

In a 3-quart greased casserole, stir together the macaroni and milk. Sprinkle with the cheeses and onion, then stir it all together. Sprinkle the bread crumbs on top.

Cover and bake for 40 minutes at 350 degrees. Serves six to eight.

From “The Braces Cookbook: Recipes You and Your Orthodontist Will Love” by Pamela and Brenda Waterman. www.bracescookbook.com