



## Homemade Mac & Cheese

As far as I can remember, this is the one food I regularly ate as a kid and still consistently eat today. As a child my dad would make it with at least 3 different types of cheese. In college it was the same recipe but just one cheese. This recipe was one of the first dishes my wife and I cooked together when we started dating and is now one of our son's favorite meals. We love the versatility of this dish, from the basic box of macaroni to a healthier whole wheat pasta or a gluten free alternative, this dish fits our needs or mood. Sometimes we keep it vegetarian or throw in a hotdog, bratwurst or ground meat for a bit more protein and another layer of flavor. Veggies get roasted as a side and sometimes get tossed right in, and then there's always the fall favorite with the addition of pureed butternut squash. This food reminds me of childhood, meets out changing dietary needs/desires, and keeps me connected to my Wisconsin cheese heritage.

- 2Tbsp Butter
  - 2Tbsp Flour
  - 1 Cup Milk
  - 8-12oz block cheese (shredded)
  - 8-12oz pasta
1. Cook pasta in a large saucepan (strain in colander and set aside)
  2. Melt butter in saucepan, add flour and simmer for 2-3 min
  3. Add milk and heat until sauce thickens (stir regularly)
  4. Add cheese and stir until melted
  5. Add pasta back into the cheese sauce and season