



Macaroni and Cheese

Macaroni and Cheese is a childhood favorite, a satisfying combination of cheese and noodles. Our version is made even more special with cauliflower!

CACFP Adult Portion Crediting Information

1 piece (2" x 3 3/4") provides 1 oz equivalent meat alternate and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> Preheat oven: Conventional oven: 350 °F. Convection oven: 325 °F.
Water		2 cups		1 qt	<ol style="list-style-type: none"> Heat water to a rolling boil.
*Fresh cauliflower florets	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	<ol style="list-style-type: none"> Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVERMIX. Set aside for step 8.
Water		1 gal		2 gal	<ol style="list-style-type: none"> Heat water to a rolling boil.
Whole-grain elbow macaroni	2 lb 8 oz	3 qt	5 lb	1 gal 2 qt	<ol style="list-style-type: none"> Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 9.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<p>6 Heat oil in skillet.</p> <p>7 To make a roux, add flour and brown lightly for 2 minutes. Stir constantly.</p> <p>8 Slowly add milk and water whisk until smooth.</p>
Flour		½ cup	2 oz	1 cup	
Low-fat (1%) milk		1 qt 2 cups		3 qt	
Water		2 cups		1 qt	
*Fresh onion, diced	4 oz	1 cup	8 oz	2 cups	<p>9 Combine macaroni 7 lb 6 oz (2 gal) with cauliflower puree, onion, milk, cheese, egg whites, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl.</p> <p>10 Add 1 qt 2 cups (4 lb) roux and toss well.</p>
Skim milk		1 qt 2 cups		3 qt	
Low-fat cheddar cheese, shredded	1 lb 14 oz	1 qt 3 ½ cups	3 lb 12 oz	3 qt 3 cups	
Egg white		¾ cup		1 ½ cups	
Low-fat sour cream	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Non-fat sour cream	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Ground black or white pepper		½ tsp		1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Dried onion flakes		¼ cup		½ cup	
Salt		½ tsp		1 tsp	
Lemon pepper		1 Tbsp		2 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>11 Lightly coat a steam table pan (12" x 20" x 2 ½") with pan release spray. Pour about 16 ½ lb (1 gal 3 ½ qt) macaroni and cheese mixture into steam table pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>12 Bake until firm: Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 30-40 minutes.</p>
					<p>13 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>14 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>15 Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>
					<p>16 Serve 1 piece (2" x 3 ¾" square).</p>



NUTRITION INFORMATION

For 1 piece (2" x 3 3/4" square)

NUTRIENTS	AMOUNT
Calories	345
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Total Fat	8 g
Saturated Fat	3 g
Cholesterol	18 mg
Sodium	469 mg
Total Carbohydrate	47 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	21 g
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Vitamin A	91 mcg RAE
Vitamin C	6 mg
Vitamin D	57 IU
Calcium	339 mg
Iron	2 mg
Potassium	347 mg
N/A=no data available.	

SOURCE:

CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Cauliflower	1 lb 1 oz	2 lb 2 oz
Fresh Onion	5 oz	10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 14 lb 15 oz	About 29 lb 14 oz
About 2 gal/1 steam table pan (12" x 20" x 2 1/2")	About 4 gal/2 steam table pans (12" x 20" x 2 1/2")

