

Pasta

Shaq's Macaroni and Cheese

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Servings: 12

1 box (16 oz) elbow macaroni
1 teaspoon vegetable oil
1/2 teaspoon salt
1 stick (1/2 cup) margarine
1 tablespoon flour
1 to 1 1/2 cups milk
1 egg
1 package (16 oz) Velveeta cheese, diced
1 package (16 oz) sharp cheddar cheese, diced
1 cup bread crumbs

Preheat the oven to 425 degrees.

In a large pot of boiling water, cook the macaroni with the oil and salt until al dente. Drain.

In a large saucepan, melt the margarine over low heat. Add the flour. Cook, stirring, for 1 minute.

Add one cup of milk and the egg. Cook and stir for 1 minute.

Stir in the Velveeta cheese and half the cheddar. Cook on low heat until the cheese is melted and the sauce is smooth. If the sauce is too thick, stir in up to 1/2 cup of milk.

Add the cooked macaroni to the sauce. Stir over low heat for 1 minute. Taste and add extra salt, if necessary.

Pour the mixture into a large greased casserole dish or baking pan. Top with the remaining cheddar and bread crumbs.

Bake for 30 minutes or until the top and bottom are browned.

Cool slightly, cut , and enjoy.

Per Serving (excluding unknown items): 183 Calories; 13g Fat (62.5% calories from fat); 5g Protein; 12g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 330mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.