

Basic Mac and Cheese

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

1 serving

Original Yield x Conversion Factor = Desired Yield

Classic Béchamel Sauce

½ - ¾ c.

sharp cheddar cheese, shredded

½ c.

dry pasta, elbow

½ c.

Nutmeg

pinch

Salt

pinch

1. Cook Pasta
2. Mix all ingredients
3. Lace mixture in a ceramic casserole dish.
4. Bake at 350 degrees 10 – 20 minutes.