



Fuel up like a Raven Mac & Cheese

Ingredients:

- 1 Cup Non-Fat Plain Greek Yogurt
- 6 tbs unsalted butter
- $\frac{1}{2}$ cup breadcrumbs
- 8 ounces elbow macaroni
- $\frac{1}{4}$ all-purpose flour
- 1 $\frac{3}{4}$ cups whole milk
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp fresh ground black pepper
- 2 cups grated Cheddar cheese
- 1 cup grated Gruyère cheese



Directions:

- 1** Preheat oven to 375°F. Butter a 1 $\frac{1}{2}$ -quart baking dish with 1 tbs of butter.
- 2** In a mixing bowl, stir 3 tbs melted butter with breadcrumbs.
- 3** Bring salted water to a boil in a large pot. Add noodles and cook until al dente.
- 4** While waiting for pasta to cook, melt 2 tbs of butter in a medium pan. Whisk in flour and stir for 2 minutes. Carefully add milk, while whisking continuously to avoid lumps. Continue to cook for 2-3 minutes until mixture is thick. Turn off heat and stir in nutmeg and pepper. Add cheese and stir to melt.
- 5** Drain cooked pasta and stir into cheese. Add yogurt until distributed evenly. Move to baking sheet and add breadcrumbs.
- 6** Bake for 15-20 minutes or until golden brown.

