

# "Bahamian" Mac and Cheese

Lunch, Dinner, Side Dish, Kid-Friendly

*My Bahamian friend insists this recipe is unique to The Bahamas, which I'm inclined to believe because I have yet to try an American recipe that is this good.*

Recipe by Ari Miller

Makes 8 servings

Price Per Serving: \$0.71

Prep Time: 15 minutes | Cook Time: 50 minutes

1 lb macaroni (ziti, penne, or shape of your choice)

16 oz shredded sharp cheddar cheese

12 oz can evaporated milk

2 eggs

1 bell pepper

1 onion

Salt

Pepper (crushed cayenne) or powder

Pre-heat oven to 350 C. Boil macaroni in lightly salted water according to package directions until soft. Finely cut bell pepper and onion and grate cheese. After boiling macaroni/pasta, drain all water and put pot back on stove on medium-low heat. Add chopped vegetables and cheese and allow cheese to melt. Once cheese has melted add eggs and mix well. Add milk (add enough milk until the macaroni is of a good consistency but not too watery). I usually add  $\frac{3}{4}$  -almost the whole can. Add cayenne and salt to taste (I use lots of cayenne for that extra spicy flavor). Let macaroni boil for a min or so as you mix well.

Place some grated cheese at the bottom of a 9x13 pan or Pyrex dish. Add the macaroni/pasta mix and top with more cheese. Bake macaroni for 45-50mins (or until the top cheese layer is well browned).

**Healthy tips:** Try using whole wheat pasta, low-fat cheese, and adding in fresh vegetables like broccoli or spinach in place of some of the pasta!

<b>Nutrition Facts</b>	
Serving Size 173 g	
Amount Per Serving	
Calories 268	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	17%
Saturated Fat 7g	33%
Trans Fat 0g	
<b>Cholesterol</b> 84mg	28%
<b>Sodium</b> 262mg	11%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2g	6%
Sugars 7g	
<b>Protein</b> 16g	
Vitamin A 22%	Vitamin C 35%
Calcium 36%	Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	