

# Mac & Cheese

(Quick fixes for boxed macaroni & cheese)

There's not a kids' menu in the United States that doesn't offer some variation of macaroni and cheese - the favorite - if not the most popular - of American comfort foods. Kraft now sells more than one million boxes every day! The beauty, for the purposes of this book, of even the packaged version is that its cheesy creaminess offers ample opportunity for sneaky chefs to slip in extra nutrition that even the toughest little critics won't detect. Try to keep a straight face as your kids beg for more of these surprisingly healthy variations.



**SNEAKY TIP:** Yellow macaroni and cheese usually contains yellow food dye, whereas the white version does not. If your child insists on yellow, you can add a slice of yellow American or cheddar cheese and a dash of paprika to the white cheese sauce, which will help safely change the color to yellow without affecting the taste.

Each of the nutritional boosters listed here have been kid tested and have proven to be undetectable in taste, texture and color. Start by adding the least amount recommended of just one of the nutritional boosters listed below. Add a little more each time you serve this dish (which is served in our house every day!).

- 2 to 4 tablespoons White Puree (see Make-Ahead Recipe #4)
- 2 to 4 tablespoons Orange Puree (see Make-Ahead Recipe #2)

> Prepare macaroni and cheese according to directions on package. Add White Puree into the cheese sauce, mixing until well blended. If sauce becomes too dry, simply add an extra tablespoon of milk and extra cheese (See below).

> Prepare macaroni and cheese according to directions on package. Add Orange Puree into the cheese sauce, mixing until well blended. This one works best with an extra slice of American cheese or 1/4 cup of grated cheddar melted into the sauce to help mask the carrots, which have a bit more distinguishable taste, in the puree.