

MACARONI CREAM CHEESE. (Low in Fat)

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Preparation Time; 15 minutes Cooking Time; 30 Minutes

This recipe will yield 4 to 6 Portions for Adults.

You will need an Oval Pyrex Glass Cookware of about 10 ½ by 15 inches and 2 ¾ inches high – (see photo) or a rectangular Pyrex cookware of about 9 by 13 inches. This recipe can be divided in four. See instructions at the end.

Step # 1 - Pre Cook the Macaroni.

4 Cups of Ready Cut Macaroni.

When cooking the Macaroni scrape off the bottom of the pot with a large flat spatula, the macaroni will tend to stick to the bottom of the pot until it will be cooked enough to float freely. Bring about 12 cups of water to a hard boil end pour in the macaroni. Once the water starts to boil again only cook the macaroni at high heat **for only 5 minutes, NOT MORE** and then strain and rinse right away with cold water and let sit in the strainer for now. The macaroni at this point must not be cooked completely because it will cook again with the cream cheese and again in the oven.

Step # 2 – Croutons preparation.

3 Cups of Croutons.
¼ Cup of Peanut or Olive Oil.
1 Table Spoon of Parmesan Cheese.
¼ Tea Spoon of My Seasoning Salt or of the Chicken Spice. (see Photo)
½ Tea Spoon of Garlic Powder.



In a large Bowl mix together the croutons and the oil and then sparkle with all the other ingredients. Mix well and let sit aside for now. The best way to mix the Oil with the croutons is to turn the bowl with one hand and at the same time drip the Oil on the high side of the bowl with the other hand making only one turn. As the Oil drips down on all sides mix the croutons by hands turning them frequently this assure a better distribution of the Oil all over the croutons. The oil will prevent the croutons from burning and make the spices sticks to the croutons. The croutons will still be crispy and will be very tasty.

Step # 3 – DRY SPICES MIX. This is not too spicy for kids just enough.

1 Tea Spoon of Paprika.
2 ½ Tea Spoon of Garlic Powder.
¼ Tea Spoon of Onion Salt.
¼ Tea Spoon of Salt.
½ Tea Spoon of Sage.
1 Tea Spoon of Ground Turmeric.
1 Table Spoon of Cilantro.

OPTIONAL:

For a Spicier Recipe add the following Spices to the above Spice Mix.

3 Pinch of Ground Cayenne Pepper.
½ Tea Spoon of Ground Paprika.
1 Tea Spoon of Ground Curry (medium)
¾ Tea Spoon of Ground Mustard.
¼ Tea Spoon of White Pepper.

Before you start Step # 4 pre heat your oven at 400 degrees f. because the macaroni and the ingredients in step # 4 must be hot before you put it in the pan for the oven. So at this stage your Italian Cheese mix and the croutons must me ready before you do step # 4. So once step # 4 will be done pour it HOT into the pan for the oven and cover with the raped Italian cheese mix and the crotons and put in the Oven. See instruction below.



Step # 4 – Melting the Cheese.

In a 4 quart cooking pot with a thick bottom, place only the ingredients below for now and melt the cheese at medium low heat until all the cheese is melted and all ingredients are well mixed together, but do not over heat the cheese. Mix well with a whisk till all lumps are gone.

- 1 Cup of **Low Fat Philadelphia Cream Cheese.**
Equivalent of 250 Grams.
- 1 Cup of Greek Yogurt. **(PLAIN) (0% M.g.)**
- $\frac{3}{4}$ Cup of **Fat free Cream** or 10% Cream.
- $\frac{1}{2}$ Cup of Milk.
- 1 Cups of Cheese Whiz - Original **(Light)**
- 1 The juice of one fresh Lemon.



Add the Dry Spices Mix you did in Step # 3 and Mix well for two minutes. Then pour in the strained Macaroni that you cooked in step # 1. The macaroni and cheese must be warm before you proceed to put it in the oven. So when the macaroni and cheese are really hot, shut off the heat and pour immediately all the Macaroni and Cheese in the Oval or rectangular Oven Cookware. Spread evenly in the cookware.

Then spread over the macaroni One Bag of Italiano Raped Cheese Mix of 380 g. or (1 ½ cup of your own Raped Cheese Mix with 2 Table Spoon of Parmesan Cheese.)

Now just add the Croutons preparation you did in Step # 2 on top of the macaroni and spread evenly. Sprinkle over the croutons some cilantro flakes.

Put the cookware on the middle rack and let cook for 5 minutes at 400 degrees f. then put the oven to broil and brown the croutons and melt the cheese. This should take another 3 minutes and when you will see that the macaroni on the top is all melted and that the croutons are getting golden dark, the Macaroni is ready. Pull out of the oven and let cool down on a cold surface for 5 minutes then serve.

NOTE; You could add some thin slices of pepperoni or Italian sausage or even some pre cooked cut slices of bacon with the Macaroni or maybe just some green and red peppers in the Macaroni and on the top. With this dish the possibilities are limitless, so let your imagination fly high as you can be very creative and add what ever you like in it.

The melted Cheese and spices in this recipe from step # 3 and 4 can be used as a low fat Cheese Dip if you used the optional Spicier Spice Mix.

This dish can not be frozen as is with the croutons because they will become soft, so if you want to freeze it do not put the croutons on the top, and do them separately and only make what you need for now. The rest of the macaroni can be put in the fridge until harden enough to cut in portions and frozen. When reheating the macaroni do it in the microwave and do another batch of croutons separately in the oven to have nice crunchy croutons every time you make more macaroni. If you put the croutons on the dish when you do it the first tome it is best to eat the macaroni right after it's out of the oven. The cream cheese mix with the spices in it in Step # 4 can easily be split in four equal portions and frozen separately before you incorporate the macaroni in it. In this case only boil one cup of Macaroni and also split the Italiano cheese mix and the croutons in 4 equal portions. Use only one portion of each and use a smaller cookware for the oven. I use a Pyrex bread mold to cook only one portion and you can freeze the other 3 portions of the cream cheese in 3 freezer containers for your next Macaroni and Cheese cravings.

BON APPÉTIT.

