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**“Blue Mac & Cheese”**

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 Dairy Council of Utah/Nevada



There’s no place like home – and comfort foods, like Macaroni and Cheese, bring us home. This nippy flavored dish is a great twist on our favorite classic. Serves 6

**Ingredients:**

- 2 cups uncooked elbow macaroni
- 2 tablespoons butter
- 3 tablespoons flour
- 2 cups whole milk
- 1 cup shredded sharp cheddar cheese
- 1/2 cup crumbled blue cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper, to taste
- 1/2 teaspoon garlic powder, optional
- 3/4 cup chunky salsa, optional

**Method:**

Cook macaroni according to package directions. Drain and set aside.

While macaroni is cooking, make a white sauce by melting butter in saucepan, stir in flour. Cook over medium heat, stirring constantly, until smooth. Gradually whisk in milk; stir until smooth and sauce boils.

Add cheeses, stir to melt. Add cooked macaroni, salt and pepper to taste, and optional garlic powder; heat through, stir in optional salsa and serve.

<b>Nutrition Facts</b>	
Serving Size approx. 3/4 cup (243g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 350</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 10g	<b>51%</b>
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 990mg</b>	<b>41%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 7g	
<b>Protein 15g</b>	
Vitamin A 10%	Vitamin C 2%
Calcium 35%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	