



Baked Cajun Mac n' Cheese

CLEMENTE COMMUNITY ACADEMY

COOKING UP CHANGE[®]

Students Transforming the Future of School Food



INGREDIENTS

- 12 c whole grain macaroni
- 2 c shoe string carrots
- 2 c celery, diced
- 2 c Spanish onion, diced
- 25 oz. chicken, pre-cooked and diced
- ½ c Canola oil
- ¼ c jalapeno peppers, diced (some seeds removed)
- 4 c frozen chopped spinach, cooked and drained well
- ½ c flour
- 2 Tsp cajun seasoning
- 6 c milk or prepared dry milk
- 23 oz. shredded cheddar cheese

PREPARATION

- 1 Cook macaroni according to package directions, drain well, and set aside.
- 2 In a large skillet, heat ¼ cup oil until hot. Add carrots, celery, and onions; sauté 5 minutes. Add chicken and cook for 3-5 minutes. Remove from heat. Add jalapeno peppers and spinach. Combine with macaroni and mix gently.
- 3 In a large pot over medium heat, heat remaining ¼ cup oil. Remove from heat, stir in flour, cajun seasoning, and enough milk to make a smooth paste. Add remaining milk and whisk well. Return to medium heat and whisk until sauce thickens. Add 2/3 of the cheese, stirring until melted.
- 4 Pour sauce over macaroni and stir. Pour mixture into two 9 x 13" pans and sprinkle remaining cheese evenly over the top. Bake at 375° F for 25 minutes.

Baked Cajun Mac n' Cheese