Baked Cajun Mac n’ Cheese

CLEMENTE COMMUNITY ACADEMY

COOKING UP CHANGE®
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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
1/2 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.