

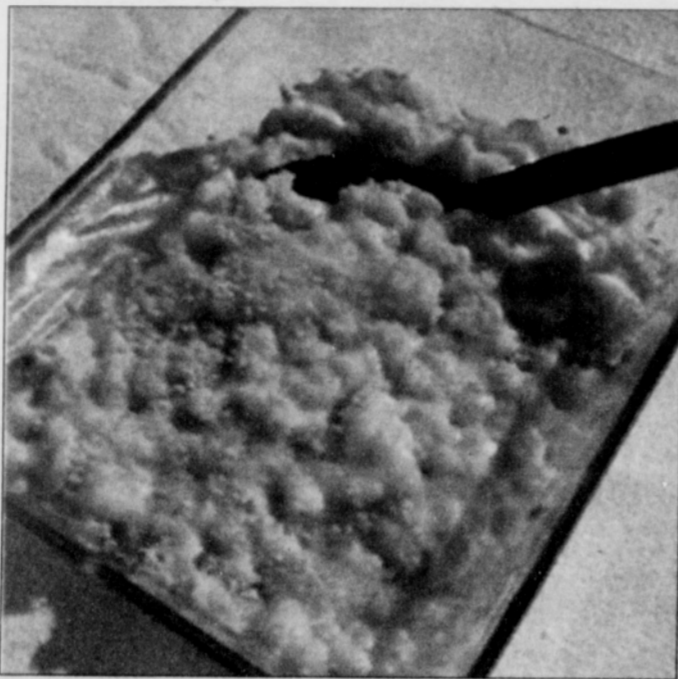
# FOOD

## Old School Mac n' Cheese

*This is a completely unpretentious, down-home macaroni and cheese recipe. Original recipe makes 20 servings.*

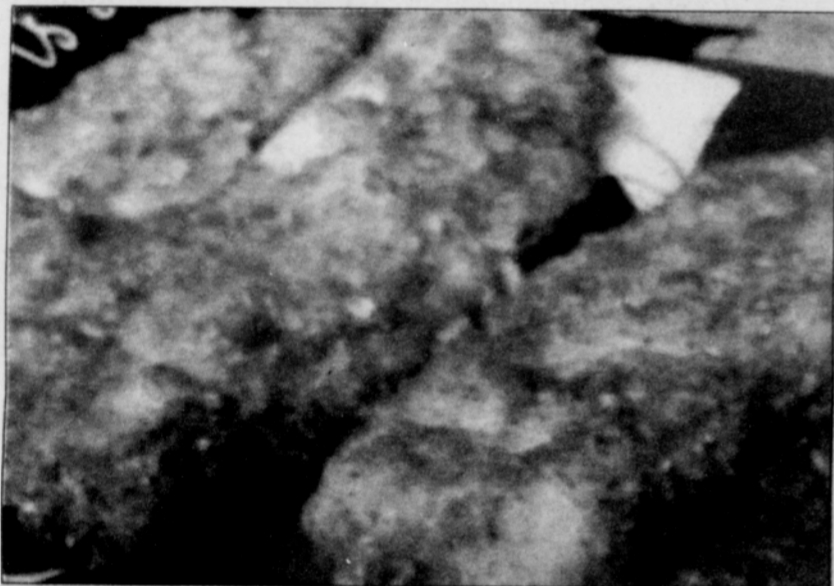
### Ingredients:

- 1 3/4 pounds whole-wheat macaroni
- 3/4 cup butter
- 3/4 cup all-purpose flour
- 6 cups milk, divided
- 1 teaspoon mustard powder
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- salt and ground black pepper to taste
- 1 tablespoon Worcestershire sauce
- 1 cup shredded Cheddar cheese
- 1/3 cup grated Parmesan cheese
- butter-flavored cooking spray
- 1 (8 ounce) package shredded Cheddar cheese, divided
- 3 (8 ounce) packages shredded American cheese
- 1 (8 ounce) bag potato chips (such as Lay's®), crushed



### Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes; drain.
3. Melt butter in a large pot over medium-low heat. Slowly add flour to butter, whisking constantly; cook until brown and the mixture no longer smells of flour, about 5 minutes. Pour 1 cup milk into the flour mixture, whisking continually until fully incorporated, about 45 seconds; repeat twice. Add remaining 3 cups milk to the mixture, whisking to incorporate. Stir mustard powder, onion powder, and cayenne pepper into the mixture; season with salt and black pepper.
4. Reduce heat to low. Cook sauce, whisking frequently, until it begins to thicken, about 10 minutes. Add about half the package of shredded Cheddar cheese; stir continually until the cheese melts completely. Repeat with remaining half package of Cheddar cheese and the American cheese, about 4 ounces at a time. Once cheese is entirely incorporated, remove sauce from heat.
5. Stir drained macaroni into the cheese sauce to coat. Divide macaroni between two 9x13-inch baking dishes.
6. Mix crushed potato chips, 1 cup shredded Cheddar cheese, and Parmesan cheese in a bowl. Top the macaroni with the potato chip mixture evenly. Spray the potato chip mixture with cooking spray.
7. Bake in preheated oven until the crust is golden brown and the sauce is bubbling, 35 to 45 minutes.



## Crispy Fish

*This recipe also works without the flour for those of you who have allergies to wheat. Original recipe makes 4 servings.*

### Ingredients:

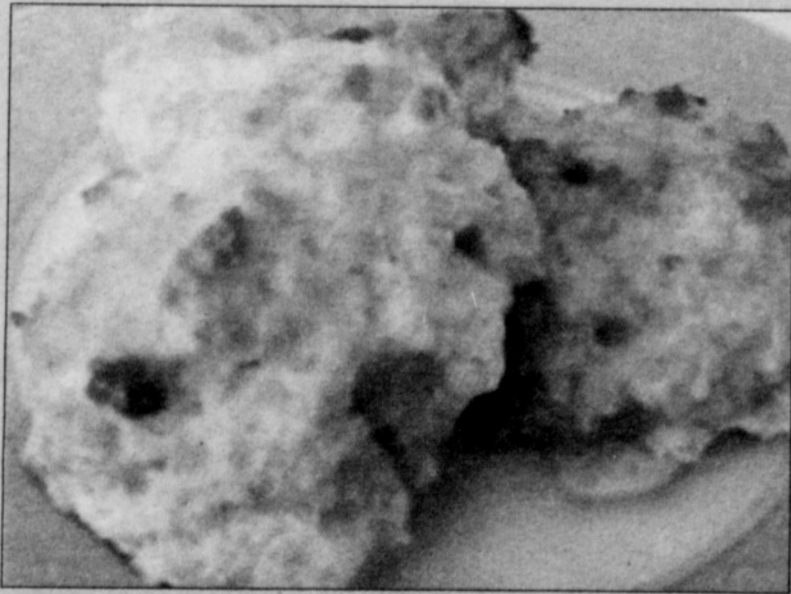
- 2 cups dry potato flakes
- 1 cup all-purpose flour
- 1 tablespoon garlic powder
- 1 tablespoon seasoning salt
- 1 tablespoon ground black pepper
- 2 teaspoons cayenne pepper, or to taste
- 4 (6 ounce) fillets cod
- 2 cups butter flavored shortening, for frying

### Directions:

1. In medium bowl, combine the potato flakes, flour, garlic powder, seasoning salt, black pepper, and cayenne pepper.
2. Soak fish filets in bowl of cold water.
3. In a deep skillet or deep fryer, melt and heat the shortening to 350 degrees F (175 degrees C).
4. Dredge fish filets in dry mixture and fry in the hot oil for 5 minutes or until fish flakes apart easily. Remove from oil and place on paper towels to absorb excess oil.

## Cheddar Biscuits

*This is a very tasty, easy bread to make. It goes great with things like spaghetti and lasagna. Original recipe makes 8 biscuits. Original recipe makes 8 biscuits.*



### Ingredients:

- 2 cups biscuit baking mix
- 1 cup shredded Cheddar cheese
- 2/3 cup milk
- 1/2 teaspoon garlic powder
- 2 tablespoons margarine, melted
- 2 teaspoons dried parsley
- 1 teaspoon garlic salt

### Directions:

1. Preheat oven to 400 degrees F (205 degrees C). Grease a cookie sheet, or line with parchment paper.
2. In a large bowl, combine baking mix, Cheddar cheese, and garlic powder. Stir in milk. Drop batter by heaping tablespoonfuls onto prepared cookie sheet.
3. Bake in preheated oven for 10 minutes. Brush biscuits with melted margarine, and sprinkle with parsley and garlic salt. Bake for 5 more minutes, or until lightly browned on the bottom.

## Franks Under Wraps

*What could be easier--wrap strips of puff pastry around frankfurter halves and bake. It puts an elegant spin on this all-time favorite appetizer. Original recipe makes 20 wraps.*

### Ingredients:

- 1/2 (17.3 ounce) package Pepperidge Farm® Puff Pastry, thawed
- 1 egg
- 1 tablespoon water
- 10 frankfurters, cut in half cross-wise
- Prepared mustard

### Directions:

1. Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork or whisk.
2. Unfold the pastry sheet on a lightly floured surface. Cut the pastry sheet into 20 (1/2-inch) strips. Wrap the pastry strips around the frankfurters and press to seal. Place the pastries onto a baking sheet. Brush the pastries with the egg mixture.
3. Bake for 15 minutes or until the pastries are golden brown. Remove the pastries from the baking sheet and let cool on a wire rack for 10 minutes. Serve the pastries with the mustard for dipping.



## Irish Eggs

*You may also add cooked bacon, ham or sausage into the mix if you wish.*

### Ingredients:

- 2 tablespoons butter
- 6 potatoes, peeled and sliced
- 1 onion, minced
- 1 green bell pepper, chopped
- 6 eggs, beaten



### Directions:

1. In a large skillet, melt butter over medium high heat. Add potatoes, onion and green pepper; saute until potatoes are browned.
2. Stir in eggs and cook until eggs are set. Serve warm.