

Avocado Mac'n'Cheese

PREP TIME: 10-15 MINS

COOK TIME: 10-15 MINUTES

YIELDS: 3-4 CUPS SAUCE + 7-8 CUPS PASTA



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 1 avocado
- 2 cups whole milk
- 2 tablespoons all-purpose flour
- 2 tablespoons butter, unsalted
- 2 cups sharp cheddar cheese, shredded
- 1 teaspoon salt (sea salt or kosher)
- 1 box dried macaroni or shells

Qualities

Texture: Soft

Rating for Scent : 3/10

Spice Level: 0/10

Recipe Benefits

- High Calorie



Nutrition Content for

1 cup pasta + sauce together (1/8 recipe)

Calories: 414kcal Carbohydrates: 48.4g

Fat: 17.8g Protein: 16.6g

Fiber: 2.9g Added sugar: 2g

Sodium: 326.1mg

Directions:

1. Boil the dried pasta according to the package direction; drain and set aside.
2. Once the pasta and pasta water are removed from the pot, place the pot back onto the stove and melt the butter over medium heat.
3. Whisk the flour into the melted butter until smooth and well combined.
4. Cook for 1-2 minutes until thickened and bubbly, then whisk the cream/milk into the mixture.
5. Bring the cream mixture to a light simmer (small bubbles). Be careful to not boil as this can scorch the sauce.
6. Add the shredded cheddar cheese and salt to the mixture.
7. Stir the cheese into the creamy sauce as it melts to evenly combine.
8. Transfer the creamy sauce into a blender, then add the fresh avocado. Blend until smooth.
9. Pour the blended sauce back into the pot, then add the cooked macaroni as well.
10. Stir all ingredients together and serve warm. Season to taste with salt and pepper.

Chef's Tips:

- This recipe should not be frozen; the fats in the heavy cream and butter will break apart, causing the sauce to appear broken and separated.
- Dry seasonings such as paprika or chili powder can be added for a different flavor.
- Pasta can be substituted with vegetables such as cauliflower, broccoli, or zucchini spirals.
- For an added cheesy flavor, use shredded gruyere cheese.