

# Roasted BELL PEPPER MAC AND CHEESE

A healthy spin on one of your family's favorite meals! This Roasted Bell Pepper Mac and Cheese will become your new go-to comfort food.



## STEPS:

- Wash all produce before cooking.
- Preheat broiler on high and roast Bell Peppers for up to 15 minutes, or until the skin is nicely charred. Allow to cool before peeling, seeding, and pureeing.
- Bring medium pot of water to a boil and cook pasta to al dente, roughly 8 to 10 minutes. Drain the water and return pasta to pot. At the same time, heat milk on stove top or in microwave until warm.
- Melt butter in a deep saucepan over medium heat. Sprinkle in flour, whisking to create a smooth paste. Turn to medium-high heat, then add warm milk. Add small handfuls of the shredded cheese one handful at a time, continuing to whisk until a smooth sauce has formed. Reserve ¼ cup of your cheese for final topping.
- Add pureed Bell Peppers, smoked paprika, Dijon mustard, and salt and pepper to the sauce. Pour sauce onto your noodles to evenly coat them and cook over low heat for 2 to 3 minutes.
- Preheat oven to 425 degrees. Top your final dish with the remaining cheese and breadcrumbs. Bake uncovered until cheese is bubbling and golden brown, roughly 10 to 12 minutes. Let cool, serve, and enjoy!

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(242g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 392mg	30%
Iron 1mg	6%
Potassium 148mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Prep time:** 20 minutes  
**Cook time:** 20 minutes  
**Serves:** 6 People

## INGREDIENTS:

2 Red Bell Peppers, roasted & pureed  
 1 ½ cups dry elbow macaroni noodles  
 4 tbsp. unsalted butter  
 ¼ cup all-purpose flour  
 3 cups milk  
 1 ½ cups aged white cheddar, shredded  
 ½ tsp. smoked paprika  
 1 tbsp. Dijon mustard  
 ½ cup panko breadcrumbs  
 Freshly cracked pepper & coarse salt to taste

## CHEF'S TIP:

This recipe can be completely customized to fit your family! Include your family's favorite pastas or cheeses, and feel free to use gluten-free flour, pasta, or breadcrumbs for a gluten-free option.



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