

## Gayle's Mac and Cheese

What you need:

1 pound elbow macaroni boiled 20 minutes until tender, then drained (Add salt and little oil to the water before boiling)

1 pound of your favorite cheese, approximately 3 cups grated (Dave's favorite is Vermont Cheddar but feel free to mix cheeses with compatible flavors. Read About Cheese for more information.)

2 cups low fat sour cream

1/4 cup dried onion flakes

1/2 cup skim milk (approximate)

1 teaspoon salt

1 teaspoon coarsely ground pepper

How to assemble:

While the macaroni is boiling, grate the cheese

In a large bowl mix the sour cream, milk, cheese, onion and salt and pepper. When macaroni is drained, add it to the cheese mixture and stir well. (If mixture is dry add more milk) Pour into baking containers, pre sprayed with Pam. Bake at 350 for 45 to 60 minutes, it should be bubbly and the top brown and crispy.

Hints:

This is good as a main course with a big green salad and a vegetable (feeds 4 to 5) or it goes very well as a side dish with a main course (serves 6 to 7).

If freezing this dish for another day do it before you bake it .

Notes:

This also can be layered with slices of ham.

My sister Connie pours a large can of stewed tomatoes over the dish after it comes out of the oven and before she serves it. I would be shot if I did that to my family but I have served stewed tomatoes with it and tried spooning them over my serving. It was delicious.