

The Farm at St. Joe's

Kale Mac 'n Cheese

Ingredients:

4 cups cooked elbow macaroni
1 cup chopped kale
2 Tablespoons unsalted butter
2 Tablespoons flour
¼ cup low sodium chicken stock
1 ½ cups milk
1 cup shredded cheddar cheese
1 ½ cups shredded Monterey
Jack cheese, divided
1 teaspoon Dijon mustard
¼ teaspoon nutmeg
¼ teaspoon salt
½ cup bread crumbs



Directions

- 1) Preheat oven to 350°F. Cook pasta according to package directions. While straining the pasta, toss chopped kale with the pasta in the strainer to warm the kale.
- 2) In a medium-size saucepan, melt butter over medium heat. Once butter is melted, slowly add flour, whisking continuously.
- 3) Add chicken stock and milk to the saucepan and allow to simmer for 5 minutes, stirring occasionally. Add mustard, cheddar cheese, and 1 cup of Monterey Jack cheese, lower heat. Mix until cheeses have melted and mustard is combined. Add nutmeg and salt.
- 4) Place the pasta and kale into a medium sized casserole dish and mix in sauce. Sprinkle the remaining Monterey Jack cheese and then top with bread crumbs.
- 5) Bake for about 30 minutes or until cheese sauce is bubbling and edges are golden brown.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit stjoeshealth.org/classes.

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