

**Ingredients:**

3 cups uncooked large elbow macaroni  
noodles  
1 1/2 cups shredded medium cheddar cheese  
1 cup Monterey Jack cheese  
3/4 cup shredded Parmesan cheese  
1 1/4 cup fat-free milk  
2 tbsp. butter  
1 1/2 tbsp. olive oil  
2 tbsp. flour

**Directions:**

1. Go crazy... try different cheeses too! Shred Cheddar, Monterey Jack and Parmesan cheese.
2. Boil macaroni noodles until tender (not al dente). Rinse cooked noodles with cold water. Set aside.
3. In a heavy skillet, melt butter and olive oil over medium heat. Add flour to make a roux\*. (\*From Merriam-Webster Online: roux ('rù ) French, from *beurre roux* or, brown butter. A cooked mixture of flour and fat used as a thickening agent in a soup or a sauce.)
4. Lower temperature to medium-low and stir mixture continuously until golden, nutty and smooth. Be careful not to scorch.
5. Add fat-free milk slowly while stirring. Add 1 cup shredded cheddar and keep stirring. Do not allow to boil or your cheese sauce will "break." Add 3/4 cup shredded Monterey Jack cheese and keep stirring. Sauce will be thickened and smooth.
6. Turn off the heat on the stove, and turn on your broiler.
7. Add cooked macaroni noodles to cheese sauce and fold to coat noodles. Incorporate 1/2 cup shredded Parmesan cheese into cheese sauce coated noodles. Top with remaining shredded cheese. Stop here for a "stove top" style or...
8. Broil until top is golden brown and crispy. (The way Betty likes it!)

Serve as a comforting main course with a side of steamed vegetables or salad. Or, serve as a side-dish that's sure to steal the show!

This recipe makes a boatload of Mac Daddy n' Cheese, but that's how Betty rolls. When served as a main course, this will feed 4-6; when served as a side dish, 8-12. If it's not all eaten, it makes great leftovers! Don't even think about asking Betty if this is healthy, yo!