

Viewers Give Robin Top Mac-n-Cheese Honors

Get Robin's Winning Recipe and All the Others Below

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211 comments

Everybody makes macaroni and cheese a little differently, and the "Good Morning America" anchor team is no different.

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Diane, Robin, Chris and Sam are sharing their favorite versions of the classic

American cuisine. Viewer's voted Robin's recipe No. 1, followed by Diane's, Chris' and Sam's. You can cry them all out, and see which one you like best.

(ABCNEWS.com)



Robin's Favorite: Four Cheese, Protein, Fiber, Anti-Oxidant Rich Mac-n-Cheese

- 4 cups cooked Barilla Plus elbow pasta
- 2 tablespoons nonhydrogenated buttery spread (i.e., Organic Earth Balance whipped buttery spread.)
- 2 tablespoons flour
- 2 cups organic 1 percent milk
- 2 cups shredded Sharp cheddar cheese (optional: low fat)
- ½ cup grated Fontina cheese
- ½ cup grated Gruyere cheese
- ½ teaspoon salt
- 1 teaspoon. dry mustard
- 1/8 teaspoon cayenne pepper
- ½ cup finely grated Parmesan cheese
- ½ cup whole wheat bread crumbs
- For an antioxidant boost add the following:
- 1½ cups cauliflower or broccoli florets, steamed (cauliflower works best with this dish)

Preheat oven to 375 degrees F. Cook the multigrain pasta in boiling water for 7-8 minutes. Drain well and set aside. In a deep skillet, melt the buttery spread over medium heat. Add the flour to make a roux and stir well. Pour the milk and cook until the mixture is thick and smooth. Season with salt, dry mustard and cayenne pepper. Stir in 2 cups of shredded cheddar, Fontina and Gruyere cheeses and continue to cook until fully melted. Add the cooked pasta and stir well. Transfer the mixture to a large casserole dish. Carefully take the presteamed cauliflower florets and sink them into and throughout the casserole. Sprinkle Parmesan cheese and then bread crumbs over the top. Bake until bubbly, about 30 minutes at 375 degrees F.

*Recipe courtesy of Beller Nutritional Institute.