

The Ultimate Mac and Cheese Book

A modern, comfort-forward collection of 100 mac and cheese recipes designed for both Kindle eBook flowable formatting and print-ready layout. Headings follow a consistent hierarchy for easy export.

How to Use This Book

- **Format:** H1 for the title, H2 for major sections, H3 for recipes. Keep ingredient bullets simple and steps numbered.
- **Portions:** Most recipes serve 4. Scale by multiplying ingredient amounts.
- **Dietary swaps:** Milk can be swapped for evaporated milk, half-and-half, or dairy-free alternatives. Pasta shapes are flexible—use what holds sauce.
- **Baking vs. stovetop:** Recipes noting "bake" include a topping and oven finish. Stovetop versions finish in the pot.
- **Safety:** Keep hot foods above 140°F (60°C) and cool leftovers quickly.

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Pantry & Tools

- **Cheeses:** Cheddar, Monterey Jack, mozzarella, Gruyère, Swiss, Gouda, Parmesan, cream cheese, blue cheese, feta, goat cheese.
- **Dairy:** Whole milk, evaporated milk, half-and-half, heavy cream, Greek yogurt.
- **Thickeners:** Roux (butter + flour), cornstarch slurry, or reduced-cream sauces.
- **Flavor builders:** Mustard, hot sauce, smoked paprika, garlic/onion powder, Worcestershire, miso, curry paste.

- **Crunchy toppings:** Panko, crushed crackers, kettle chips, fried onions, toasted seeds or nuts.
- **Gear:** 4–6 qt pot, 10–12 in skillet, casserole dish, whisk, wooden spoon, baking sheet.

Quick Troubleshooting

- **Grainy sauce:** Lower heat; add a splash of cream and whisk. Melt cheese off direct heat.
- **Thin sauce:** Simmer 2–3 minutes to reduce or whisk in 1 tsp cornstarch slurry.
- **Dry baked mac:** Stir in 1/2 cup warm milk before topping and baking.
- **Clumpy cheese:** Add cheese gradually with constant stirring; keep below a simmer.

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Recipes

Recipe 01: Classic Stovetop Comfort

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Creamy cheddar with a hint of mustard.

Ingredients

- 12 oz elbow pasta
- 3 tbsp butter
- 3 tbsp flour
- 3 cups milk
- 2 cups sharp cheddar, shredded
- 1 tsp Dijon mustard
- Salt and black pepper

Directions

- 1 Boil pasta in salted water until al dente; drain.
- 2 In a pot, melt butter and whisk in flour for 1 minute.
- 3 Slowly whisk in milk; simmer until thickened. Season with mustard, salt, and pepper.

4 Off heat, stir in cheddar until smooth. Fold in pasta.

Finishing Touch

- Sprinkle with paprika or chives before serving.

Recipe 02: Baked Cheddar Crust

- Serves: 6 | Prep: 15 min | Cook: 30 min | Style: Baked
- Flavor notes: Golden panko crust over a creamy cheddar base.

Ingredients

- 1 lb elbow pasta
- 4 tbsp butter, divided
- 1/4 cup flour
- 3 1/2 cups milk
- 3 cups medium cheddar, shredded
- 1/2 cup panko + 1 tbsp olive oil
- 1 tsp Worcestershire, salt, pepper

Directions

- 1 Cook pasta to al dente; drain.
- 2 Make roux with 3 tbsp butter and flour; whisk in milk until thick.
- 3 Melt in cheddar with Worcestershire, salt, and pepper.
- 4 Combine pasta and sauce in a casserole; top with panko mixed with remaining butter and oil. Bake at 375°F for 15–18 minutes until browned.

Finishing Touch

- Add a squeeze of lemon over the crust for brightness.

Recipe 03: One-Pot Weeknight

- Serves: 4 | Prep: 5 min | Cook: 18 min | Style: One-pot
- Flavor notes: Minimal dishes with creamy texture.

Ingredients

- 12 oz small shells

- 3 cups broth (chicken or veggie)
- 1 cup milk
- 2 cups Colby Jack, shredded
- 2 tbsp cream cheese
- 1 tsp garlic powder, salt, pepper

Directions

- 1 In a pot, combine shells, broth, and milk; simmer, stirring, until pasta is tender.
- 2 Reduce heat; stir in cream cheese until melted.
- 3 Add Colby Jack gradually until smooth.
- 4 Season with garlic powder, salt, and pepper; rest 2 minutes before serving.

Finishing Touch

- Stir in 1/2 cup peas or chopped spinach for color.

Recipe 04: Creamy Instant Pot

- Serves: 6 | Prep: 5 min | Cook: 6 min + release | Style: Pressure cooker
- Flavor notes: Ultra creamy with minimal effort.

Ingredients

- 1 lb elbow pasta
- 4 cups water
- 4 tbsp butter
- 1 1/2 tsp salt
- 1 cup evaporated milk
- 3 cups cheddar-Jack blend, shredded
- 1/2 tsp hot sauce

Directions

- 1 Add pasta, water, butter, and salt to the pot. Cook on High Pressure for 4 minutes; quick release.
- 2 Switch to sauté (low). Stir in evaporated milk and hot sauce.
- 3 Add cheese in handfuls, stirring until smooth.
- 4 Let stand 2 minutes to thicken.

Finishing Touch

- Sprinkle with crushed kettle chips.

Recipe 05: Slow Cooker Family

- Serves: 8 | Prep: 10 min | Cook: 2–3 hrs low | Style: Slow cooker
- Flavor notes: Crowd-pleasing, set-and-forget.

Ingredients

- 1 lb elbow pasta, parboiled 5 minutes
- 4 cups milk
- 1 cup heavy cream
- 4 tbsp butter, melted
- 3 cups mild cheddar, shredded
- 1 cup Velveeta or processed cheese, cubed
- 1 tsp paprika, salt

Directions

- 1 Grease the slow cooker; add parboiled pasta.
- 2 Whisk milk, cream, butter, paprika, and salt; pour over pasta.
- 3 Scatter cheeses on top; stir to combine.
- 4 Cook on Low 2–3 hours, stirring once at midpoint.

Finishing Touch

- Top with chopped parsley or green onions before serving.

Recipe 06: Sheet Pan Crunch

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Crisp edges with cheesy pull.

Ingredients

- 1 lb cavatappi
- 4 tbsp butter
- 1/4 cup flour

- 3 cups milk
- 2 cups sharp cheddar, shredded
- 1 cup mozzarella, shredded
- 1 cup crushed crackers
- 1 tsp smoked paprika, salt, pepper

Directions

- 1 Boil pasta; drain and set aside.
- 2 Make a roux with butter and flour; whisk in milk until thick. Season with paprika, salt, and pepper.
- 3 Stir in cheddar and mozzarella until smooth; fold in pasta.
- 4 Spread on a lined sheet pan; top with crushed crackers. Bake at 400°F for 12–15 minutes.

Finishing Touch

- Drizzle with hot honey after baking.

Recipe 07: Skillet Bacon Cheddar

- Serves: 4 | Prep: 10 min | Cook: 25 min | Style: Skillet
- Flavor notes: Smoky bacon with sharp cheddar.

Ingredients

- 12 oz elbow pasta
- 6 strips bacon, chopped
- 3 tbsp butter
- 3 tbsp flour
- 3 cups milk
- 2 1/2 cups sharp cheddar, shredded
- 1 tsp black pepper

Directions

- 1 Cook pasta; reserve 1/2 cup pasta water.
- 2 In a skillet, crisp bacon; remove, leaving drippings.
- 3 Add butter and flour; cook 1 minute. Whisk in milk; simmer to thicken.

4 Melt in cheddar and pepper; fold in pasta and bacon. Loosen with pasta water if needed.

Finishing Touch

- Garnish with sliced green onions.

Recipe 08: Caramelized Onion Gruyère

- Serves: 4 | Prep: 15 min | Cook: 35 min | Style: Skillet-baked
- Flavor notes: Sweet onions and nutty Gruyère.

Ingredients

- 12 oz macaroni
- 2 tbsp olive oil
- 2 large onions, sliced
- 3 tbsp butter
- 3 tbsp flour
- 2 3/4 cups beef or veggie broth
- 2 cups Gruyère, shredded
- 1 tsp thyme, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 In a skillet, caramelize onions in oil over medium-low for 15–18 minutes with thyme and a pinch of salt.
- 3 Add butter and flour; cook 1 minute. Whisk in broth; simmer to thicken.
- 4 Off heat, melt in Gruyère and pepper. Fold in pasta; broil 2–3 minutes for a bubbly top.

Finishing Touch

- Add a handful of toasted baguette crumbs for French onion soup vibes.

Recipe 09: Broccoli Cheddar Bake

- Serves: 6 | Prep: 10 min | Cook: 30 min | Style: Baked
- Flavor notes: Bright broccoli with classic cheddar.

Ingredients

- 1 lb shells
- 3 cups small broccoli florets, blanched
- 4 tbsp butter
- 1/4 cup flour
- 3 1/2 cups milk
- 3 cups sharp cheddar, shredded
- 1 tsp garlic powder, salt, pepper
- 1 cup panko

Directions

- 1 Cook pasta; combine with blanched broccoli.
- 2 Make a roux with butter and flour; whisk in milk until thick. Season.
- 3 Melt in cheddar. Mix sauce with pasta and broccoli.
- 4 Transfer to baking dish; top with panko. Bake at 375°F for 18–20 minutes.

Finishing Touch

- Squeeze lemon over the baked top to brighten.

Recipe 10: Spinach Artichoke

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Creamy dip turned pasta.

Ingredients

- 1 lb penne
- 2 cups spinach, chopped
- 1 cup marinated artichoke hearts, chopped
- 4 tbsp butter
- 3 tbsp flour
- 3 cups milk
- 2 cups mozzarella, shredded
- 1 cup Parmesan, grated
- 4 oz cream cheese
- 1/2 tsp crushed red pepper, salt, pepper

Directions

- 1 Cook pasta; toss with spinach to wilt.
- 2 Make roux with butter and flour; whisk in milk. Stir in cream cheese.
- 3 Melt in mozzarella and Parmesan; season with red pepper, salt, and pepper.
- 4 Fold in pasta and artichokes. Bake at 375°F for 15 minutes until bubbling.

Finishing Touch

- Top with extra Parmesan and broil 1 minute for color.

Recipe 11: Buffalo Chicken

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Tangy heat with blue cheese crumble.

Ingredients

- 1 lb elbow pasta
- 2 cups cooked chicken, shredded
- 1/3 cup buffalo sauce
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 2 cups cheddar, shredded
- 1 cup Monterey Jack, shredded
- 1/2 cup blue cheese crumbles
- 1 tsp garlic powder, salt

Directions

- 1 Cook pasta; combine with chicken and buffalo sauce.
- 2 Make roux with butter and flour; whisk in milk and garlic powder.
- 3 Melt in cheddar and Jack; season with salt.
- 4 Stir sauce into pasta. Top with blue cheese and bake at 375°F for 15–18 minutes.

Finishing Touch

- Drizzle with ranch or extra buffalo sauce before serving.

Recipe 12: BBQ Pulled Pork

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Smoky-sweet with sharp cheddar.

Ingredients

- 1 lb cavatappi
- 2 cups pulled pork
- 1/2 cup BBQ sauce
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 3 cups smoked cheddar, shredded
- 1 tsp onion powder, salt, pepper
- 1 cup crispy fried onions

Directions

- 1 Cook pasta; toss with pulled pork and BBQ sauce.
- 2 Make roux; whisk in milk, onion powder, salt, and pepper.
- 3 Melt in smoked cheddar.
- 4 Mix sauce with pasta; top with fried onions. Bake at 375°F for 15 minutes.

Finishing Touch

- Add pickled jalapeños for tang.

Recipe 13: Cajun Andouille

- Serves: 6 | Prep: 15 min | Cook: 30 min | Style: Skillet-baked
- Flavor notes: Spicy sausage with bell peppers.

Ingredients

- 1 lb macaroni
- 12 oz andouille sausage, sliced
- 1 red bell pepper, diced
- 4 tbsp butter
- 3 tbsp flour

- 3 cups milk
- 2 cups pepper jack, shredded
- 1 cup cheddar, shredded
- 1 tbsp Cajun seasoning, salt

Directions

- 1 Cook pasta; set aside.
- 2 Sauté sausage and bell pepper until browned.
- 3 Add butter and flour; cook 1 minute. Whisk in milk; simmer to thicken.
- 4 Melt in cheeses and Cajun seasoning. Fold in pasta; broil 2 minutes for browned spots.

Finishing Touch

- Sprinkle with chopped parsley and a squeeze of lemon.

Recipe 14: Jalapeño Popper

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Cream cheese richness with jalapeño heat.

Ingredients

- 1 lb shells
- 4 oz cream cheese
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 2 cups cheddar, shredded
- 1 cup pepper jack, shredded
- 3 jalapeños, seeded and diced
- 1 cup panko mixed with 2 tbsp melted butter

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk until thick.
- 3 Melt in cream cheese, cheddar, and pepper jack; stir in jalapeños.
- 4 Combine with pasta; top with buttered panko. Bake at 375°F for 15–18 minutes.

Finishing Touch

- Add crispy bacon bits on top before serving.

Recipe 15: Pesto Caprese

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Basil pesto with fresh mozzarella pearls.

Ingredients

- 12 oz orecchiette
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup mozzarella pearls
- 1/2 cup Parmesan, grated
- 1/3 cup basil pesto
- 1 cup halved cherry tomatoes
- Salt and pepper

Directions

- 1 Cook pasta; reserve 1/2 cup pasta water.
- 2 Make a light roux with butter and flour; whisk in milk until lightly thick.
- 3 Stir in Parmesan and pesto; season.
- 4 Fold in pasta, tomatoes, and mozzarella. Loosen with pasta water if needed.

Finishing Touch

- Garnish with torn basil and a drizzle of olive oil.

Recipe 16: Sun-Dried Tomato Basil

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Sweet-tart tomatoes with herb fragrance.

Ingredients

- 12 oz fusilli

- 3 tbsp olive oil
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup mozzarella, shredded
- 1 cup provolone, shredded
- 1/2 cup chopped sun-dried tomatoes
- 1 tsp Italian seasoning, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 In pot, melt butter with oil; whisk in flour for 1 minute.
- 3 Add milk; simmer to thicken. Stir in Italian seasoning, salt, and pepper.
- 4 Melt in cheeses; fold in pasta and sun-dried tomatoes.

Finishing Touch

- Top with toasted pine nuts.

Recipe 17: Roasted Garlic Parmesan

- Serves: 4 | Prep: 10 min (+roast) | Cook: 20 min | Style: Stovetop
- Flavor notes: Sweet roasted garlic with nutty Parmesan.

Ingredients

- 12 oz rigatoni
- 1 head garlic, roasted and squeezed
- 3 tbsp butter
- 2 tbsp flour
- 3 cups milk
- 1 cup Parmesan, grated
- 1 cup Asiago, shredded
- 1/2 tsp white pepper, salt

Directions

- 1 Cook pasta; reserve 1/2 cup water.

- 2 Make roux with butter and flour; whisk in milk until thick.
- 3 Stir in roasted garlic, Parmesan, and Asiago; season.
- 4 Fold in pasta; adjust with pasta water for silkiness.

Finishing Touch

- Add a squeeze of lemon and chopped parsley.

Recipe 18: Truffle Mushroom

- Serves: 4 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Earthy mushrooms with truffle aroma.

Ingredients

- 12 oz campanelle
- 2 tbsp olive oil
- 10 oz cremini mushrooms, sliced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups fontina, shredded
- 1/2 cup Parmesan, grated
- 1 tsp truffle oil
- Salt, pepper, thyme

Directions

- 1 Cook pasta; set aside.
- 2 Sauté mushrooms in oil with thyme until browned; season.
- 3 Add butter and flour; cook 1 minute. Whisk in milk; simmer to thicken.
- 4 Melt in cheeses and truffle oil. Combine with pasta; broil 2 minutes for golden spots.

Finishing Touch

- Top with extra Parmesan and cracked pepper.

Recipe 19: Lobster Luxe

- Serves: 4 | Prep: 15 min | Cook: 20 min | Style: Baked

- Flavor notes: Rich lobster with buttery breadcrumbs.

Ingredients

- 12 oz cavatappi
- 1 1/2 cups cooked lobster meat
- 4 tbsp butter + 2 tbsp for topping
- 3 tbsp flour
- 3 cups half-and-half
- 1 1/2 cups Gruyère, shredded
- 1 cup sharp cheddar, shredded
- 1 cup panko
- 1 tsp Old Bay, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in half-and-half until thick. Season with Old Bay and salt.
- 3 Melt in Gruyère and cheddar; fold in pasta and lobster.
- 4 Top with panko tossed in melted butter. Bake at 400°F for 12–14 minutes.

Finishing Touch

- Squeeze lemon and garnish with chives.

Recipe 20: Crab & Old Bay

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Coastal, savory-sweet crab with spice.

Ingredients

- 12 oz shells
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup white cheddar, shredded
- 1 cup Monterey Jack, shredded

- 8 oz lump crab meat
- 1 tsp Old Bay, 1 tsp Dijon, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk until thickened.
- 3 Stir in cheeses, Dijon, Old Bay, and salt.
- 4 Fold in pasta and crab gently; warm through.

Finishing Touch

- Top with crushed butter crackers and parsley.

Recipe 21: Shrimp Scampi

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Garlicky lemon shrimp.

Ingredients

- 12 oz linguine
- 1 lb shrimp, peeled
- 3 tbsp butter
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 cup white wine or broth
- 1 1/2 cups Parmesan, grated
- Juice and zest of 1 lemon
- Salt, pepper, red pepper flakes

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Sauté garlic in butter and oil; add shrimp and cook until pink.
- 3 Deglaze with wine; reduce briefly. Stir in lemon juice/zest.
- 4 Toss with pasta and Parmesan; loosen with pasta water. Season with salt, pepper, and red pepper flakes.

Finishing Touch

- Sprinkle with parsley and extra lemon zest.

Recipe 22: Salmon Dill

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Creamy herb sauce with flaky salmon.

Ingredients

- 12 oz penne
- 12 oz cooked salmon, flaked
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup Swiss cheese, shredded
- 1 cup cream cheese
- 2 tbsp fresh dill, chopped
- 1 tsp lemon zest, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk until thick.
- 3 Melt in Swiss and cream cheese; add dill, lemon zest, salt, and pepper.
- 4 Fold in pasta and salmon gently.

Finishing Touch

- Top with dill fronds and cracked pepper.

Recipe 23: Tuna Melt Bake

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Classic tuna melt with melty cheddar.

Ingredients

- 1 lb elbow pasta

- 2 cans tuna, drained
- 1/2 cup celery, diced
- 1/4 cup dill pickles, diced
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tsp mustard powder, salt, pepper

Directions

- 1 Cook pasta; mix with tuna, celery, and pickles.
- 2 Make roux; whisk in milk and mustard powder.
- 3 Melt in cheeses; season.
- 4 Combine with pasta mixture. Bake at 375°F for 15–18 minutes.

Finishing Touch

- Top with crushed potato chips for crunch.

Recipe 24: Greek Feta Olive

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Briny olives and tangy feta.

Ingredients

- 12 oz rotini
- 3 tbsp olive oil
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup feta, crumbled
- 1 cup mozzarella, shredded
- 1/2 cup Kalamata olives, chopped
- 1 cup cherry tomatoes, halved
- 1 tsp oregano, salt, pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Heat olive oil; whisk in flour to form a paste. Add milk; simmer to thicken.
- 3 Melt in mozzarella; stir in oregano, salt, and pepper.
- 4 Toss in pasta, feta, olives, and tomatoes. Loosen with pasta water as needed.

Finishing Touch

- Garnish with cucumber ribbons and olive oil drizzle.

Recipe 25: Caponata Eggplant

- Serves: 4 | Prep: 15 min | Cook: 30 min | Style: Skillet
- Flavor notes: Sweet-sour eggplant relish folded into cheese sauce.

Ingredients

- 12 oz penne
- 1 small eggplant, diced
- 1/2 cup diced celery
- 1/2 cup diced onion
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 2 tbsp capers
- 2 tbsp red wine vinegar
- 2 cups provolone, shredded
- 1 cup Parmesan, grated
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté eggplant, celery, and onion in oil until tender; stir in tomato paste, capers, and vinegar.
- 3 Add a splash of water; simmer 2 minutes.
- 4 Off heat, stir in cheeses until creamy; fold in pasta.

Finishing Touch

- Add toasted almonds for crunch.

Recipe 26: Ratatouille Veggie

- Serves: 4 | Prep: 15 min | Cook: 30 min | Style: Skillet-baked
- Flavor notes: Summer vegetables in a cheesy blanket.

Ingredients

- 12 oz fusilli
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 red bell pepper, diced
- 1 cup diced tomatoes
- 3 tbsp olive oil
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups mozzarella, shredded
- 1/2 cup Parmesan, grated
- 1 tsp herbes de Provence, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté vegetables in oil with herbes, salt, and pepper until tender.
- 3 Add butter and flour; cook 1 minute. Whisk in milk; simmer.
- 4 Melt in cheeses; fold in pasta and tomatoes. Broil 2 minutes for color.

Finishing Touch

- Top with torn basil.

Recipe 27: Roasted Red Pepper Gouda

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Sweet peppers with smoky Gouda.

Ingredients

- 12 oz shells
- 1 jar roasted red peppers, drained and chopped
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups smoked Gouda, shredded
- 1 cup mozzarella, shredded
- 1 tsp paprika, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk. Season with paprika, salt, and pepper.
- 3 Melt in Gouda and mozzarella.
- 4 Fold in pasta and roasted peppers; warm through.

Finishing Touch

- Add chopped parsley and a drizzle of olive oil.

Recipe 28: Kimchi Cheddar

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Spicy, tangy kimchi with sharp cheddar.

Ingredients

- 12 oz elbow pasta
- 1 cup kimchi, chopped
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups sharp cheddar, shredded
- 1 cup Monterey Jack, shredded
- 1 tsp gochujang, salt

Directions

- 1 Cook pasta; set aside.

- 2 In pot, melt butter; whisk in flour. Add milk; simmer to thicken.
- 3 Stir in gochujang; melt in cheeses.
- 4 Fold in pasta and kimchi; heat 2 minutes.

Finishing Touch

- Sprinkle with toasted sesame seeds and scallions.

Recipe 29: Bulgogi Beef

- Serves: 4 | Prep: 15 min | Cook: 25 min | Style: Skillet
- Flavor notes: Sweet-savory soy beef with melty cheese.

Ingredients

- 12 oz rotini
- 12 oz thin-sliced beef
- 1/4 cup soy sauce
- 2 tbsp brown sugar
- 2 cloves garlic, minced
- 1 tbsp sesame oil
- 1 tbsp butter
- 1 tbsp flour
- 2 cups milk
- 2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1 tsp gochugaru, salt

Directions

- 1 Cook pasta; set aside.
- 2 Marinate beef with soy, sugar, garlic, and sesame oil; sear until caramelized.
- 3 Add butter and flour to pan drippings; whisk in milk to thicken.
- 4 Melt in cheeses and gochugaru; fold in pasta and beef.

Finishing Touch

- Garnish with sesame seeds and sliced scallions.

Recipe 30: Teriyaki Chicken

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Sweet-teriyaki glaze with creamy cheese.

Ingredients

- 12 oz penne
- 2 cups cooked chicken, diced
- 1/3 cup teriyaki sauce
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tsp ginger paste, salt

Directions

- 1 Cook pasta; set aside.
- 2 Toss chicken with teriyaki sauce.
- 3 Make roux with butter and flour; whisk in milk and ginger until thick.
- 4 Melt in cheeses; fold in pasta and chicken.

Finishing Touch

- Top with sliced scallions and toasted sesame seeds.

Recipe 31: Sweet Chili Shrimp

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Skillet
- Flavor notes: Sweet heat with juicy shrimp.

Ingredients

- 12 oz linguine
- 1 lb shrimp
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups coconut milk

- 1/3 cup sweet chili sauce
- 1 cup mozzarella, shredded
- 1 cup pepper jack, shredded
- Lime juice, salt

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Sear shrimp in a dab of butter; remove.
- 3 Add remaining butter and flour; whisk in coconut milk and sweet chili sauce.
- 4 Melt in cheeses; return shrimp and pasta. Adjust with lime and pasta water.

Finishing Touch

- Garnish with cilantro and lime wedges.

Recipe 32: Tikka Masala

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Creamy tomato curry with cheddar melt.

Ingredients

- 1 lb pasta shells
- 2 tbsp butter
- 1 tbsp garam masala
- 1 tbsp flour
- 2 cups tomato puree
- 2 cups cream or coconut milk
- 2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 2 cups cooked chicken, diced
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Melt butter; bloom garam masala, then whisk in flour.
- 3 Add tomato puree and cream; simmer until slightly thick.

4 Melt in cheeses; fold in pasta and chicken. Broil 2 minutes for browned top.

Finishing Touch

- Sprinkle with cilantro and a pinch of garam masala.

Recipe 33: Butter Chicken

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Silky butter sauce with gentle spice.

Ingredients

- 1 lb macaroni
- 3 tbsp butter
- 1 tbsp ginger-garlic paste
- 1 tbsp tomato paste
- 1 tbsp flour
- 2 cups cream
- 1 cup tomato sauce
- 2 cups mozzarella, shredded
- 1 cup cheddar, shredded
- 2 cups cooked chicken, diced
- 1 tsp garam masala, salt

Directions

- 1 Cook pasta; set aside.
- 2 In pan, melt butter with ginger-garlic and tomato paste; cook 2 minutes.
- 3 Stir in flour, cream, and tomato sauce; simmer until thick. Add garam masala and salt.
- 4 Melt in cheeses; fold in pasta and chicken. Broil 2–3 minutes.

Finishing Touch

- Dot with yogurt and fresh cilantro.

Recipe 34: Paneer Makhani

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet
- Flavor notes: Tomato-butter sauce with paneer cubes.

Ingredients

- 1 lb penne
- 2 tbsp butter
- 1 tbsp flour
- 2 cups tomato puree
- 2 cups cream or cashew cream
- 2 cups paneer, cubed
- 1 1/2 cups mozzarella, shredded
- 1/2 cup paneer grated or feta
- 1 tsp kasuri methi, 1 tsp garam masala, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make a roux with butter and flour; whisk in tomato puree and cream. Simmer with kasuri methi and garam masala.
- 3 Stir in cheeses; fold in paneer and pasta.
- 4 Warm through until sauce clings.

Finishing Touch

- Garnish with cilantro and a pinch of chili powder.

Recipe 35: Birria Beef

- Serves: 6 | Prep: 20 min | Cook: 30 min | Style: Skillet-baked
- Flavor notes: Slow-braised beef in chili consommé with cheese pull.

Ingredients

- 1 lb cavatappi
- 2 cups shredded birria beef (with some jus)
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups Oaxaca or mozzarella, shredded
- 1 cup cheddar, shredded

- 1 tsp cumin, salt, pepper
- 1/2 cup pickled red onions

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk, cumin, salt, and pepper.
- 3 Melt in cheeses; fold in pasta and birria beef with a splash of jus.
- 4 Broil 2 minutes; top with pickled onions.

Finishing Touch

- Serve with lime wedges and cilantro.

Recipe 36: Carne Asada

- Serves: 6 | Prep: 20 min | Cook: 25 min | Style: Skillet
- Flavor notes: Citrus-marinated steak with pepper jack.

Ingredients

- 1 lb penne
- 1 lb grilled carne asada, sliced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups pepper jack, shredded
- 1 cup cheddar, shredded
- Juice of 1 lime, 1 tsp cumin, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk with cumin, salt, and pepper.
- 3 Melt in cheeses.
- 4 Toss pasta with steak and lime juice; fold into sauce.

Finishing Touch

- Top with cilantro and diced avocado.

Recipe 37: Chorizo Queso

- Serves: 6 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Spicy chorizo queso folded into pasta.

Ingredients

- 1 lb shells
- 10 oz Mexican chorizo
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups cheddar, shredded
- 1 cup pepper jack, shredded
- 1 tsp chili powder, salt

Directions

- 1 Cook pasta; set aside.
- 2 Brown chorizo; drain excess fat.
- 3 Add butter and flour; whisk in milk and chili powder until thick.
- 4 Melt in cheeses; fold in pasta and chorizo.

Finishing Touch

- Scatter with cilantro and pickled jalapeños.

Recipe 38: Taco Tuesday

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Seasoned beef with taco toppings.

Ingredients

- 1 lb macaroni
- 1 lb ground beef
- 2 tbsp taco seasoning
- 2 tbsp butter
- 2 tbsp flour

- 2 1/2 cups milk
- 2 cups cheddar, shredded
- 1 cup Colby Jack, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown beef with taco seasoning; drain.
- 3 Add butter and flour; whisk in milk until thick. Season with salt and pepper.
- 4 Melt in cheeses; fold in pasta and beef. Broil 2 minutes for bubbly top.

Finishing Touch

- Top with shredded lettuce, diced tomatoes, and sour cream before serving.

Recipe 39: Enchilada Verde

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Tomatillo sauce with chicken and cheese.

Ingredients

- 1 lb penne
- 2 cups cooked chicken, shredded
- 2 cups salsa verde
- 4 oz cream cheese
- 1 1/2 cups Monterey Jack, shredded
- 1 cup pepper jack, shredded
- 1/2 cup cilantro, chopped
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 In pot, warm salsa verde with cream cheese until smooth.
- 3 Melt in cheeses; season with salt and pepper.
- 4 Fold in pasta and chicken. Bake at 375°F for 15 minutes; top with cilantro.

Finishing Touch

- Serve with lime crema.

Recipe 40: Chipotle Black Bean

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet
- Flavor notes: Smoky chipotle with hearty beans.

Ingredients

- 1 lb elbow pasta
- 1 can black beans, rinsed
- 2 chipotle peppers in adobo, minced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups cheddar, shredded
- 1 cup pepper jack, shredded
- 1 tsp cumin, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk with chipotle and cumin until thick.
- 3 Melt in cheeses; season with salt.
- 4 Fold in pasta and black beans.

Finishing Touch

- Top with crushed tortilla chips and cilantro.

Recipe 41: Butternut Sage

- Serves: 4 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Roasted squash with brown butter sage.

Ingredients

- 12 oz rigatoni

- 2 cups roasted butternut squash cubes
- 3 tbsp butter
- 6 sage leaves
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup fontina, shredded
- 1 cup Parmesan, grated
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown butter with sage until crisp; remove leaves.
- 3 Whisk flour into browned butter; add milk to thicken.
- 4 Melt in cheeses; fold in pasta and squash. Bake at 375°F for 12–15 minutes.

Finishing Touch

- Crumble fried sage on top.

Recipe 42: Pumpkin Brown Butter

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Nutty brown butter with pumpkin puree.

Ingredients

- 12 oz shells
- 3 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup pumpkin puree
- 1 1/2 cups Gruyère, shredded
- 1/2 cup Parmesan, grated
- 1/4 tsp nutmeg, salt, pepper

Directions

- 1 Cook pasta; set aside.

- 2 Brown butter; whisk in flour, then milk to thicken.
- 3 Stir in pumpkin, nutmeg, salt, and pepper.
- 4 Melt in cheeses; fold in pasta.

Finishing Touch

- Add toasted pepitas.

Recipe 43: Sweet Potato Maple

- Serves: 4 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Subtle sweetness balanced by salty cheddar.

Ingredients

- 12 oz elbow pasta
- 1 1/2 cups mashed roasted sweet potato
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups sharp cheddar, shredded
- 1 cup smoked Gouda, shredded
- 1 tbsp maple syrup
- 1/2 tsp smoked paprika, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick. Add sweet potato and maple.
- 3 Melt in cheeses with paprika, salt, and pepper.
- 4 Combine with pasta; bake at 375°F for 12–15 minutes.

Finishing Touch

- Top with toasted pecans.

Recipe 44: Cauliflower Alfredo

- Serves: 4 | Prep: 15 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Silky cauliflower puree with Parmesan.

Ingredients

- 12 oz fettuccine
- 3 cups cauliflower florets, steamed
- 3 tbsp butter
- 2 cloves garlic
- 2 1/2 cups milk
- 1 cup Parmesan, grated
- 1 cup mozzarella, shredded
- Salt, pepper, nutmeg

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Blend steamed cauliflower with garlic and milk until smooth.
- 3 In pot, melt butter; add puree and warm. Stir in cheeses, salt, pepper, and nutmeg.
- 4 Toss with pasta; adjust with pasta water.

Finishing Touch

- Add chopped parsley and cracked pepper.

Recipe 45: Zucchini Herb

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Light, herbaceous with fresh zucchini.

Ingredients

- 12 oz farfalle
- 2 small zucchini, grated and squeezed
- 2 tbsp olive oil
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup mozzarella, shredded
- 1 cup provolone, shredded
- 1 tsp Italian herbs, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté zucchini in olive oil until tender; remove.
- 3 Make roux with butter and flour; whisk in milk and herbs until thick.
- 4 Melt in cheeses; fold in pasta and zucchini.

Finishing Touch

- Finish with lemon zest and basil.

Recipe 46: Peas & Mint

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Bright, springy sweetness.

Ingredients

- 12 oz orecchiette
- 1 1/2 cups peas (fresh or thawed)
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup ricotta
- 1 cup Parmesan, grated
- 2 tbsp chopped mint
- Salt, pepper, lemon zest

Directions

- 1 Cook pasta; add peas in last 2 minutes; drain.
- 2 Make roux; whisk in milk until thick.
- 3 Stir in ricotta, Parmesan, mint, salt, pepper, and lemon zest.
- 4 Fold in pasta and peas.

Finishing Touch

- Drizzle with olive oil and extra mint.

Recipe 47: Primavera Veggie

- Serves: 4 | Prep: 15 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Colorful vegetables in a light cheese sauce.

Ingredients

- 12 oz penne
- 1 cup asparagus pieces
- 1 cup cherry tomatoes, halved
- 1 cup bell pepper strips
- 2 tbsp olive oil
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups mozzarella, shredded
- 1/2 cup Parmesan, grated
- 1 tsp Italian seasoning, salt, pepper

Directions

- 1 Cook pasta; blanch asparagus with pasta in last 2 minutes.
- 2 Sauté peppers and tomatoes in oil until softened.
- 3 Make roux with butter and flour; whisk in milk and seasoning.
- 4 Melt in cheeses; fold in pasta and vegetables.

Finishing Touch

- Add basil ribbons.

Recipe 48: Green Goddess

- Serves: 4 | Prep: 15 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Herb-packed with tangy yogurt.

Ingredients

- 12 oz shells
- 1 cup spinach
- 1/2 cup parsley

- 1/2 cup basil
- 1/2 cup Greek yogurt
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tbsp lemon juice, salt, pepper

Directions

- 1 Blend spinach, herbs, and yogurt until smooth.
- 2 Cook pasta; set aside.
- 3 Make roux; whisk in milk to thicken. Melt in cheeses.
- 4 Stir in herb yogurt and lemon; fold in pasta.

Finishing Touch

- Top with sliced green onions.

Recipe 49: Spinach Ricotta

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Creamy ricotta with tender spinach.

Ingredients

- 12 oz penne
- 2 cups fresh spinach
- 1 cup ricotta
- 1 cup mozzarella, shredded
- 1/2 cup Parmesan, grated
- 1/2 cup milk
- 1 tbsp butter
- 1/2 tsp nutmeg, salt, pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.

- 2 In pot, melt butter; add milk, ricotta, and nutmeg. Warm gently.
- 3 Stir in mozzarella and Parmesan until smooth.
- 4 Fold in pasta and spinach; wilt gently. Adjust with pasta water.

Finishing Touch

- Finish with red pepper flakes.

Recipe 50: Four-Cheese Supreme

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Blend of cheddar, Gruyère, mozzarella, and Parmesan.

Ingredients

- 1 lb elbow pasta
- 4 tbsp butter
- 1/4 cup flour
- 3 1/2 cups milk
- 1 1/2 cups sharp cheddar, shredded
- 1 cup Gruyère, shredded
- 1 cup mozzarella, shredded
- 1/2 cup Parmesan, grated
- 1 tsp Dijon, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk until thick. Add Dijon.
- 3 Melt in all cheeses; season.
- 4 Combine with pasta; bake at 375°F for 15 minutes.

Finishing Touch

- Top with toasted breadcrumbs.

Recipe 51: Smoked Gouda Bacon

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Skillet
- Flavor notes: Smoky cheese with crisp bacon.

Ingredients

- 12 oz shells
- 6 strips bacon, chopped
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups smoked Gouda, shredded
- 1 cup cheddar, shredded
- 1 tsp black pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Crisp bacon; remove. Add butter and flour to drippings; whisk in milk to thicken.
- 3 Melt in cheeses and pepper.
- 4 Fold in pasta and bacon; adjust with pasta water.

Finishing Touch

- Add sliced green onions.

Recipe 52: Applewood Ham Swiss

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Smoky ham with nutty Swiss.

Ingredients

- 1 lb macaroni
- 2 cups diced ham
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 2 cups Swiss cheese, shredded
- 1 cup cheddar, shredded
- 1 tbsp Dijon mustard, salt, pepper
- 1 cup crushed butter crackers

Directions

- 1 Cook pasta; mix with ham.
- 2 Make roux; whisk in milk and Dijon until thick.
- 3 Melt in cheeses; season.
- 4 Combine with pasta; top with crushed crackers. Bake at 375°F for 15–18 minutes.

Finishing Touch

- Garnish with chopped chives.

Recipe 53: Philly Steak & Peppers

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Sautéed peppers and steak with provolone.

Ingredients

- 1 lb penne
- 12 oz sliced steak
- 1 onion, sliced
- 1 green bell pepper, sliced
- 2 tbsp olive oil
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups provolone, shredded
- 1 cup mozzarella, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté steak, onion, and pepper in oil until tender; season.
- 3 Add butter and flour; whisk in milk to thicken.
- 4 Melt in cheeses; fold in pasta and steak mix. Broil 2 minutes.

Finishing Touch

- Add pickled cherry peppers for zing.

Recipe 54: Pepperoni Pizza

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Pizza-inspired with marinara and mozzarella.

Ingredients

- 1 lb elbow pasta
- 2 cups marinara
- 2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1/2 cup mini pepperoni
- 1/2 cup Parmesan, grated
- 1 tsp Italian seasoning, salt, pepper

Directions

- 1 Cook pasta; toss with marinara and seasoning.
- 2 Stir in half of the cheeses.
- 3 Transfer to dish; top with remaining cheeses and pepperoni.
- 4 Bake at 400°F for 15 minutes until bubbly.

Finishing Touch

- Sprinkle with crushed red pepper and basil.

Recipe 55: Sausage & Peppers

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet
- Flavor notes: Italian sausage with sweet peppers.

Ingredients

- 1 lb rigatoni
- 1 lb Italian sausage, sliced
- 1 red and 1 yellow bell pepper, sliced
- 2 tbsp olive oil
- 2 tbsp butter

- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups provolone, shredded
- 1 cup mozzarella, shredded
- 1 tsp Italian seasoning, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown sausage; add peppers and sauté until tender.
- 3 Add butter and flour; whisk in milk and seasoning until thick.
- 4 Melt in cheeses; fold in pasta and sausage mix.

Finishing Touch

- Top with parsley and grated Parmesan.

Recipe 56: Meatball Marinara

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Comforting meatballs with cheesy crust.

Ingredients

- 1 lb ziti
- 2 cups marinara
- 12 small cooked meatballs
- 2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1/2 cup Parmesan, grated
- 1 tsp Italian seasoning, salt, pepper

Directions

- 1 Cook pasta; toss with marinara and seasoning.
- 2 Mix in half the cheeses; add meatballs.
- 3 Transfer to baking dish; top with remaining cheeses.
- 4 Bake at 375°F for 18 minutes until bubbly.

Finishing Touch

- Add fresh basil ribbons.

Recipe 57: Baked Ziti Mashup

- Serves: 6 | Prep: 10 min | Cook: 30 min | Style: Baked
- Flavor notes: Ricotta pockets with gooey cheese.

Ingredients

- 1 lb ziti
- 1 1/2 cups ricotta
- 2 cups marinara
- 2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1/2 cup Parmesan, grated
- 1 tsp oregano, salt, pepper

Directions

- 1 Cook pasta; combine with marinara and ricotta.
- 2 Stir in half the cheeses and oregano.
- 3 Transfer to dish; top with remaining cheeses.
- 4 Bake at 375°F for 20 minutes.

Finishing Touch

- Sprinkle with red pepper flakes.

Recipe 58: Carbonara Style

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Silky egg-Parmesan sauce with pancetta.

Ingredients

- 12 oz spaghetti
- 4 oz pancetta, diced
- 2 eggs + 1 yolk

- 1 cup Parmesan, grated
- 1 cup Pecorino, grated
- 1/2 tsp black pepper
- 1/2 cup pasta water

Directions

- 1 Cook pasta; reserve pasta water.
- 2 Crisp pancetta; remove from heat.
- 3 Whisk eggs, yolk, cheeses, and pepper.
- 4 Toss hot pasta with pancetta and fat; off heat, stir in egg mixture, adding pasta water to create a glossy sauce.

Finishing Touch

- Add extra Pecorino and pepper.

Recipe 59: Alfredo Bake

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Baked
- Flavor notes: Creamy Alfredo with mozzarella stretch.

Ingredients

- 1 lb fettuccine
- 4 tbsp butter
- 3 cloves garlic, minced
- 2 cups cream
- 1 cup milk
- 1 1/2 cups Parmesan, grated
- 1 cup mozzarella, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Melt butter with garlic; add cream and milk; simmer 5 minutes.
- 3 Stir in Parmesan, salt, and pepper until smooth.
- 4 Toss with pasta; top with mozzarella. Bake at 375°F for 12–15 minutes.

Finishing Touch

- Garnish with parsley.

Recipe 60: Lemon Pepper Chicken

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Bright lemon and cracked pepper.

Ingredients

- 12 oz penne
- 2 cups cooked chicken, diced
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup Parmesan, grated
- 1 cup mozzarella, shredded
- Zest and juice of 1 lemon
- 1 tsp cracked black pepper, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk until thick.
- 3 Stir in cheeses, lemon zest/juice, pepper, and salt.
- 4 Fold in pasta and chicken.

Finishing Touch

- Add extra lemon zest and parsley.

Recipe 61: Herbed Rotisserie Leftover

- Serves: 6 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Rotisserie chicken with herb cream.

Ingredients

- 1 lb shells

- 2 cups shredded rotisserie chicken
- 3 tbsp butter
- 2 tbsp flour
- 3 cups milk
- 1 cup cream cheese
- 1 cup cheddar, shredded
- 1 tbsp mixed herbs (parsley, thyme, chives)
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick. Add cream cheese to melt.
- 3 Stir in cheddar, herbs, salt, and pepper.
- 4 Fold in pasta and chicken.

Finishing Touch

- Add a squeeze of lemon.

Recipe 62: Farmers Market Corn

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Sweet corn with scallions and cheddar.

Ingredients

- 12 oz cavatappi
- 1 1/2 cups corn kernels
- 3 scallions, sliced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups white cheddar, shredded
- 1 tsp smoked paprika, salt, pepper

Directions

- 1 Cook pasta; set aside.

- 2 Sauté corn and scallions in butter; add flour and cook 1 minute.
- 3 Whisk in milk and paprika; simmer to thicken.
- 4 Melt in cheddar; fold in pasta.

Finishing Touch

- Sprinkle with extra scallions and paprika.

Recipe 63: Elote Street Corn

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Cotija, lime, and chili-lime crema.

Ingredients

- 12 oz shells
- 1 1/2 cups charred corn
- 3 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup pepper jack, shredded
- 1 cup cotija, crumbled
- 2 tbsp lime juice
- 1 tsp chili powder, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux with butter and flour; whisk in milk and chili powder.
- 3 Melt in pepper jack; stir in lime juice and cotija.
- 4 Fold in pasta and charred corn.

Finishing Touch

- Top with Tajín and cilantro.

Recipe 64: BLT Mac

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Bacon, lettuce, tomato twist.

Ingredients

- 12 oz elbow pasta
- 6 strips bacon, chopped
- 1 cup cherry tomatoes, halved
- 2 cups shredded romaine (added off heat)
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups cheddar, shredded
- 1 tsp black pepper, salt

Directions

- 1 Cook pasta; set aside.
- 2 Crisp bacon; remove. Add butter and flour; whisk in milk to thicken.
- 3 Melt in cheddar and pepper.
- 4 Fold in pasta, bacon, and tomatoes; toss romaine in off heat.

Finishing Touch

- Drizzle with ranch dressing.

Recipe 65: Dill Pickle Crunch

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Tangy pickles with sharp cheddar.

Ingredients

- 12 oz shells
- 1/2 cup dill pickles, diced
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups sharp cheddar, shredded
- 1 tsp dill weed, salt, pepper
- 1 cup crushed kettle chips

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick. Add dill weed, salt, and pepper.
- 3 Melt in cheddar; fold in pasta and pickles.
- 4 Top servings with crushed chips.

Finishing Touch

- Add a splash of pickle brine for extra tang.

Recipe 66: Nashville Hot Chicken

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Spicy oil with crispy topping.

Ingredients

- 1 lb macaroni
- 2 cups crispy chicken tenders, chopped
- 1/4 cup Nashville hot oil
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk
- 2 cups cheddar, shredded
- 1 cup pepper jack, shredded
- 1 tsp cayenne, salt
- 1 cup toasted breadcrumbs

Directions

- 1 Cook pasta; toss chicken with hot oil.
- 2 Make roux; whisk in milk with cayenne and salt.
- 3 Melt in cheeses.
- 4 Combine pasta, chicken, and sauce; top with breadcrumbs. Bake at 375°F for 15 minutes.

Finishing Touch

- Drizzle extra hot oil after baking.

Recipe 67: Honey Mustard Chicken

- Serves: 6 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Sweet-tangy sauce with cheddar.

Ingredients

- 1 lb shells
- 2 cups cooked chicken, diced
- 1/4 cup honey mustard
- 3 tbsp butter
- 2 tbsp flour
- 3 cups milk
- 2 cups cheddar, shredded
- 1 cup Colby, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick.
- 3 Stir in honey mustard and cheeses; season.
- 4 Fold in pasta and chicken.

Finishing Touch

- Add sliced green onions.

Recipe 68: Maple Sausage Breakfast

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Breakfast sausage with maple sweetness.

Ingredients

- 1 lb macaroni
- 1 lb breakfast sausage
- 2 tbsp butter
- 2 tbsp flour

- 2 1/2 cups milk
- 1/4 cup maple syrup
- 2 cups cheddar, shredded
- 1 cup Colby Jack, shredded
- 1 tsp black pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown sausage; drain excess fat.
- 3 Make roux with butter and flour; whisk in milk and maple syrup; simmer.
- 4 Melt in cheeses and pepper; fold in pasta and sausage. Broil 2 minutes.

Finishing Touch

- Serve with a fried egg on top.

Recipe 69: Bagel & Lox Brunch

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Cream cheese base with smoked salmon.

Ingredients

- 12 oz mini bowties
- 4 oz smoked salmon, flaked
- 4 oz cream cheese
- 1 cup Swiss cheese, shredded
- 1 cup milk
- 2 tbsp capers
- 1 tbsp lemon juice
- 1 tbsp everything bagel seasoning
- Salt, pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Melt cream cheese with milk until smooth; stir in Swiss.
- 3 Add lemon juice, capers, bagel seasoning, salt, and pepper.

4 Fold in pasta and salmon; adjust with pasta water.

Finishing Touch

- Top with dill and extra seasoning.

Recipe 70: French Onion Gratin

- Serves: 6 | Prep: 15 min | Cook: 35 min | Style: Baked
- Flavor notes: Deeply caramelized onions with Gruyère crust.

Ingredients

- 1 lb shells
- 3 large onions, sliced
- 3 tbsp butter
- 1 tbsp olive oil
- 1 tbsp flour
- 3 cups beef broth
- 2 cups Gruyère, shredded
- 1 cup mozzarella, shredded
- 1 tsp thyme, salt, pepper
- 1 cup toasted baguette crumbs

Directions

- 1 Cook pasta; set aside.
- 2 Caramelize onions in butter and oil with thyme until deep golden.
- 3 Add flour; cook 1 minute. Whisk in broth; reduce slightly.
- 4 Melt in cheeses; fold in pasta. Top with baguette crumbs; bake at 400°F for 15 minutes.

Finishing Touch

- Garnish with parsley.

Recipe 71: Beer Cheese Brat

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Malty beer cheese with bratwurst.

Ingredients

- 1 lb rotini
- 4 bratwursts, sliced and browned
- 3 tbsp butter
- 2 tbsp flour
- 1 cup lager beer
- 2 cups milk
- 2 cups sharp cheddar, shredded
- 1 cup Gouda, shredded
- 1 tsp mustard powder, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown brat slices; remove.
- 3 Make roux; whisk in beer, then milk; simmer.
- 4 Melt in cheeses and seasoning; fold in pasta and brats. Broil 2 minutes.

Finishing Touch

- Top with chopped chives and mustard drizzle.

Recipe 72: Stout Braised Beef

- Serves: 6 | Prep: 20 min | Cook: 30 min | Style: Baked
- Flavor notes: Rich stout-braised beef with cheddar.

Ingredients

- 1 lb rigatoni
- 2 cups shredded stout-braised beef
- 3 tbsp butter
- 2 tbsp flour
- 1 cup stout
- 2 cups beef broth
- 2 cups white cheddar, shredded
- 1 cup fontina, shredded

- 1 tsp black pepper, salt

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in stout and broth; reduce to thicken.
- 3 Melt in cheeses with pepper and salt.
- 4 Fold in pasta and beef. Bake at 375°F for 15 minutes.

Finishing Touch

- Sprinkle with fried shallots.

Recipe 73: Cider Apple Cheddar

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Tart apple cider with sharp cheddar.

Ingredients

- 12 oz macaroni
- 1 apple, diced and sautéed
- 1/2 cup apple cider
- 3 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 2 cups sharp cheddar, shredded
- 1 tsp mustard powder, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté diced apple in 1 tbsp butter; remove.
- 3 Make roux with remaining butter and flour; whisk in cider and milk.
- 4 Melt in cheddar and mustard powder; season. Fold in pasta and apples.

Finishing Touch

- Add toasted walnuts.

Recipe 74: Blue Cheese & Walnut

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Bold blue cheese with nutty crunch.

Ingredients

- 12 oz penne
- 3 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup blue cheese, crumbled
- 1 cup mozzarella, shredded
- 1/2 cup toasted walnuts, chopped
- 1 tsp black pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick.
- 3 Stir in blue cheese and mozzarella until smooth; add pepper.
- 4 Fold in pasta and walnuts.

Finishing Touch

- Drizzle with honey.

Recipe 75: Pear Gorgonzola

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Sweet pear with creamy Gorgonzola.

Ingredients

- 12 oz farfalle
- 1 ripe pear, diced
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup Gorgonzola, crumbled

- 1 cup fontina, shredded
- 1/4 cup toasted pecans
- Black pepper, salt

Directions

- 1 Cook pasta; set aside.
- 2 Sauté pear in 1 tbsp butter until softened; remove.
- 3 Make roux with remaining butter and flour; whisk in milk.
- 4 Melt in cheeses; season. Fold in pasta and pear; top with pecans.

Finishing Touch

- Add a drizzle of balsamic glaze.

Recipe 76: Fig Prosciutto

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Sweet figs with salty prosciutto.

Ingredients

- 12 oz shells
- 1/2 cup chopped dried figs
- 4 slices prosciutto, crisped
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup Parmesan, grated
- 1 cup mozzarella, shredded
- Black pepper

Directions

- 1 Cook pasta; set aside.
- 2 Crisp prosciutto; crumble.
- 3 Make roux with butter and flour; whisk in milk until thick. Melt in cheeses and pepper.
- 4 Fold in pasta, figs, and prosciutto.

Finishing Touch

- Add arugula on top.

Recipe 77: Smoked Salmon Pea

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Savory salmon with sweet peas.

Ingredients

- 12 oz orecchiette
- 4 oz smoked salmon, flaked
- 1 cup peas
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup cream cheese
- 1 cup Swiss cheese, shredded
- 1 tbsp dill, salt, pepper

Directions

- 1 Cook pasta; add peas last 2 minutes; drain.
- 2 Make roux; whisk in milk until thick. Stir in cream cheese and Swiss.
- 3 Add dill, salt, and pepper.
- 4 Fold in pasta, peas, and salmon.

Finishing Touch

- Add lemon zest and extra dill.

Recipe 78: Sardine & Lemon

- Serves: 4 | Prep: 8 min | Cook: 15 min | Style: Stovetop
- Flavor notes: Briny sardines with bright citrus.

Ingredients

- 12 oz spaghetti

- 1 can sardines in oil
- 2 tbsp butter
- 1 tbsp flour
- 1 1/2 cups milk
- 1 cup Parmesan, grated
- Zest and juice of 1 lemon
- Red pepper flakes, salt, pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Warm sardines in their oil; add butter and flour; whisk in milk to thicken.
- 3 Stir in Parmesan, lemon zest/juice, red pepper flakes, salt, and pepper.
- 4 Toss with pasta; adjust with pasta water.

Finishing Touch

- Top with toasted breadcrumbs.

Recipe 79: Clam Chowder Style

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet
- Flavor notes: Creamy clam chowder essence.

Ingredients

- 1 lb elbow pasta
- 2 cans chopped clams with juice
- 4 strips bacon, diced
- 1 cup diced potatoes, parboiled
- 3 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup cream
- 1 cup white cheddar, shredded
- 1 tsp thyme, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Crisp bacon; remove. Add butter and flour; whisk in clam juice, milk, and cream.
- 3 Add thyme, salt, and pepper; stir in potatoes and clams.
- 4 Melt in cheddar; fold in pasta and bacon.

Finishing Touch

- Garnish with oyster crackers and parsley.

Recipe 80: Chili Mac Ranchero

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet
- Flavor notes: Hearty chili folded into cheesy pasta.

Ingredients

- 1 lb elbow pasta
- 1 lb ground beef
- 1 can diced tomatoes with chiles
- 1 can kidney beans, drained
- 2 tbsp chili powder
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups cheddar, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown beef with chili powder; add tomatoes and beans; simmer 5 minutes.
- 3 Make roux in same pan; whisk in milk to thicken.
- 4 Melt in cheddar; fold in pasta and chili mixture.

Finishing Touch

- Top with sour cream and green onions.

Recipe 81: Firehouse Three-Bean

- Serves: 6 | Prep: 10 min | Cook: 25 min | Style: Skillet
- Flavor notes: Spicy beans with smoky cheddar.

Ingredients

- 1 lb shells
- 1 can black beans
- 1 can pinto beans
- 1 can cannellini beans
- 1 chipotle pepper, minced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups smoked cheddar, shredded
- 1 tsp cumin, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Warm beans with chipotle and cumin.
- 3 Make roux; whisk in milk to thicken; melt in cheddar.
- 4 Fold in pasta and beans; season with salt and pepper.

Finishing Touch

- Add crushed tortilla chips.

Recipe 82: Smoky Paprika Turkey

- Serves: 6 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Smoked paprika turkey with creamy cheddar.

Ingredients

- 1 lb macaroni
- 1 lb ground turkey
- 1 tbsp smoked paprika
- 2 tbsp butter
- 2 tbsp flour

- 2 1/2 cups milk
- 2 cups cheddar, shredded
- 1 cup Monterey Jack, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown turkey with smoked paprika; season with salt and pepper.
- 3 Make roux; whisk in milk to thicken.
- 4 Melt in cheeses; fold in pasta and turkey.

Finishing Touch

- Garnish with parsley and paprika.

Recipe 83: Thai Red Curry

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Coconut curry with mozzarella stretch.

Ingredients

- 12 oz rotini
- 2 tbsp red curry paste
- 1 can coconut milk
- 1 cup chicken broth
- 1 cup mozzarella, shredded
- 1 cup Monterey Jack, shredded
- 1 tbsp fish sauce
- 1 tsp brown sugar
- Lime juice, salt

Directions

- 1 Cook pasta; set aside.
- 2 In pot, simmer curry paste with coconut milk and broth.
- 3 Add fish sauce and brown sugar; melt in cheeses.
- 4 Fold in pasta; finish with lime juice and salt.

Finishing Touch

- Garnish with cilantro and lime zest.

Recipe 84: Coconut Lime Shrimp

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Bright lime over creamy coconut shrimp.

Ingredients

- 12 oz linguine
- 1 lb shrimp
- 1 can coconut milk
- 1 tbsp butter
- 1 tbsp flour
- Juice and zest of 1 lime
- 1 cup mozzarella, shredded
- 1 cup Parmesan, grated
- Salt, pepper

Directions

- 1 Cook pasta; reserve 1/2 cup water.
- 2 Sear shrimp; remove.
- 3 Melt butter; whisk in flour, then coconut milk. Simmer.
- 4 Stir in cheeses, lime juice/zest, salt, and pepper. Fold in pasta and shrimp; adjust with pasta water.

Finishing Touch

- Top with cilantro and chili flakes.

Recipe 85: Lemongrass Chicken

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Fragrant lemongrass with creamy finish.

Ingredients

- 12 oz penne
- 2 cups cooked chicken, shredded
- 1 stalk lemongrass, minced
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups coconut milk
- 1 cup mozzarella, shredded
- 1 cup provolone, shredded
- 1 tbsp fish sauce, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté lemongrass in butter; add flour to make roux.
- 3 Whisk in coconut milk and fish sauce; simmer until thick.
- 4 Melt in cheeses; fold in pasta and chicken.

Finishing Touch

- Add lime wedges on the side.

Recipe 86: Miso Sesame

- Serves: 4 | Prep: 10 min | Cook: 18 min | Style: Stovetop
- Flavor notes: Umami miso with toasted sesame.

Ingredients

- 12 oz udon or rotini
- 2 tbsp butter
- 2 tbsp white miso
- 1 tbsp flour
- 2 cups milk
- 1 cup mozzarella, shredded
- 1 cup white cheddar, shredded
- 1 tbsp toasted sesame oil
- Sesame seeds, scallions

Directions

- 1 Cook pasta; set aside.
- 2 Melt butter; whisk in miso and flour; add milk to thicken.
- 3 Stir in cheeses and sesame oil.
- 4 Fold in pasta; top with sesame seeds and scallions.

Finishing Touch

- Add a dash of rice vinegar for brightness.

Recipe 87: Teriyaki Tofu

- Serves: 4 | Prep: 15 min | Cook: 20 min | Style: Skillet
- Flavor notes: Crispy tofu with teriyaki glaze.

Ingredients

- 12 oz rotini
- 14 oz firm tofu, cubed and crisped
- 1/3 cup teriyaki sauce
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tsp ginger, salt

Directions

- 1 Cook pasta; set aside.
- 2 Crisp tofu in oil; toss with teriyaki sauce.
- 3 Make roux with butter and flour; whisk in milk and ginger until thick.
- 4 Melt in cheeses; fold in pasta and tofu.

Finishing Touch

- Garnish with sesame seeds and scallions.

Recipe 88: Crispy Paneer

- Serves: 4 | Prep: 15 min | Cook: 20 min | Style: Skillet
- Flavor notes: Golden paneer cubes with spiced cheese sauce.

Ingredients

- 12 oz penne
- 14 oz paneer, cubed and pan-fried
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tsp garam masala, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Fry paneer until golden; remove.
- 3 Make roux; whisk in milk and garam masala.
- 4 Melt in cheeses; fold in pasta and paneer.

Finishing Touch

- Top with cilantro and a squeeze of lime.

Recipe 89: Falafel Spiced

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Cumin-coriander spice with tahini drizzle.

Ingredients

- 12 oz shells
- 1 can chickpeas, roasted
- 1 tsp cumin
- 1 tsp coriander
- 2 tbsp butter
- 2 tbsp flour

- 2 1/2 cups milk
- 1 1/2 cups feta, crumbled
- 1 cup mozzarella, shredded
- Salt, pepper
- 2 tbsp tahini + lemon juice for drizzle

Directions

- 1 Cook pasta; set aside.
- 2 Toast chickpeas with cumin and coriander until crisp.
- 3 Make roux; whisk in milk to thicken. Melt in mozzarella and half the feta; season.
- 4 Fold in pasta and chickpeas. Drizzle tahini-lemon; top with remaining feta.

Finishing Touch

- Add chopped parsley and sumac.

Recipe 90: Za'atar Roasted Veg

- Serves: 4 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Herbaceous za'atar with roasted veggies.

Ingredients

- 12 oz rigatoni
- 2 cups mixed vegetables (carrot, cauliflower, zucchini), roasted with 2 tbsp olive oil and 1 tbsp za'atar
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1 tsp garlic powder, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk with garlic powder; simmer to thicken.
- 3 Melt in cheeses; season with salt and pepper.

4 Fold in pasta and roasted vegetables; broil 2 minutes.

Finishing Touch

- Sprinkle with extra za'atar and olive oil.

Recipe 91: Moroccan Chickpea

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Warm spices with sweet apricot accents.

Ingredients

- 12 oz shells
- 1 can chickpeas, drained
- 1/4 cup chopped dried apricots
- 1 tsp cumin
- 1 tsp cinnamon
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups cheddar, shredded
- 1 cup Gruyère, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Toast chickpeas with cumin and cinnamon; add apricots.
- 3 Make roux; whisk in milk to thicken.
- 4 Melt in cheeses; fold in pasta and chickpea mix; season.

Finishing Touch

- Top with toasted almonds and cilantro.

Recipe 92: Harissa Halloumi

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Skillet
- Flavor notes: Spicy harissa with squeaky halloumi cubes.

Ingredients

- 12 oz penne
- 8 oz halloumi, cubed and seared
- 2 tbsp harissa paste
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups mozzarella, shredded
- 1 cup feta, crumbled
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sear halloumi until golden; remove.
- 3 Make roux; whisk in milk and harissa until thick.
- 4 Melt in mozzarella; fold in pasta and halloumi; top with feta.

Finishing Touch

- Add mint leaves and lemon wedges.

Recipe 93: Shawarma Spiced Lamb

- Serves: 4 | Prep: 15 min | Cook: 22 min | Style: Skillet
- Flavor notes: Warm shawarma spices with creamy sauce.

Ingredients

- 12 oz rigatoni
- 12 oz ground lamb
- 1 tbsp shawarma spice blend
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 1/2 cups cheddar, shredded
- 1 cup provolone, shredded

- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Brown lamb with shawarma spice; drain excess fat.
- 3 Make roux; whisk in milk until thick. Melt in cheeses.
- 4 Fold in pasta and lamb; season.

Finishing Touch

- Top with yogurt sauce and parsley.

Recipe 94: Sumac Roasted Chicken

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Citrusy sumac with creamy cheddar.

Ingredients

- 12 oz penne
- 2 cups roasted chicken, shredded
- 1 tbsp sumac
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups white cheddar, shredded
- 1 tsp garlic powder, salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk with garlic powder until thick.
- 3 Melt in cheddar; stir in sumac, salt, and pepper.
- 4 Fold in pasta and chicken.

Finishing Touch

- Garnish with parsley and lemon wedges.

Recipe 95: Caraway Cabbage Kielbasa

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet
- Flavor notes: Eastern European-inspired with caraway crunch.

Ingredients

- 1 lb egg noodles
- 12 oz kielbasa, sliced
- 2 cups shredded cabbage
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 cups Swiss cheese, shredded
- 1 tsp caraway seeds, salt, pepper

Directions

- 1 Cook noodles; set aside.
- 2 Brown kielbasa; add cabbage and caraway; sauté until tender.
- 3 Make roux; whisk in milk to thicken; melt in Swiss.
- 4 Fold in noodles and kielbasa mixture; season.

Finishing Touch

- Add chopped dill.

Recipe 96: Pierogi-Inspired Potato

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Baked
- Flavor notes: Potato-cheddar with onion topping.

Ingredients

- 1 lb shells
- 2 cups mashed potatoes
- 1 cup caramelized onions
- 4 tbsp butter
- 1/4 cup flour
- 3 cups milk

- 2 cups sharp cheddar, shredded
- 1 tsp garlic powder, salt, pepper
- 1 cup breadcrumbs

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk and garlic powder until thick. Stir in mashed potatoes.
- 3 Melt in cheddar; season.
- 4 Fold in pasta and onions; top with breadcrumbs. Bake at 375°F for 15 minutes.

Finishing Touch

- Garnish with sour cream and chives.

Recipe 97: Everything Bagel Cauli

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Roasted cauliflower with everything seasoning.

Ingredients

- 12 oz macaroni
- 2 cups roasted cauliflower florets
- 3 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 1 cup cream cheese
- 1 cup cheddar, shredded
- 2 tbsp everything bagel seasoning
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Make roux; whisk in milk until thick. Stir in cream cheese until smooth.
- 3 Add cheddar, seasoning, salt, and pepper.
- 4 Fold in pasta and cauliflower.

Finishing Touch

- Top with extra seasoning and scallions.

Recipe 98: Biryani-Spiced Veg

- Serves: 6 | Prep: 15 min | Cook: 25 min | Style: Skillet-baked
- Flavor notes: Fragrant spices with mixed vegetables.

Ingredients

- 1 lb penne
- 2 cups mixed vegetables (peas, carrots, green beans)
- 2 tbsp butter
- 2 tbsp flour
- 2 1/2 cups milk
- 2 tsp biryani spice blend
- 2 cups mozzarella, shredded
- 1 cup cheddar, shredded
- Salt, pepper

Directions

- 1 Cook pasta; set aside.
- 2 Sauté vegetables lightly; set aside.
- 3 Make roux; whisk in milk and biryani spices until thick.
- 4 Melt in cheeses; fold in pasta and vegetables. Broil 2 minutes.

Finishing Touch

- Top with fried onions and cilantro.

Recipe 99: Pho Broth Mac

- Serves: 4 | Prep: 10 min | Cook: 22 min | Style: Stovetop
- Flavor notes: Aromatic pho spices with silky cheese.

Ingredients

- 12 oz rice noodles or macaroni

- 3 cups pho-style broth (star anise, cinnamon, clove infused)
- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 1 1/2 cups mozzarella, shredded
- 1 cup provolone, shredded
- 1 tbsp fish sauce, 1 tsp hoisin, lime juice, salt

Directions

- 1 Cook pasta in pho broth until just tender; reserve 1/2 cup broth.
- 2 Make roux with butter and flour; whisk in milk and reserved broth.
- 3 Stir in fish sauce, hoisin, and cheeses until smooth.
- 4 Fold in pasta; finish with lime juice and salt.

Finishing Touch

- Add cilantro, basil, and sliced scallions.

Recipe 100: Ramen Broth Mac

- Serves: 4 | Prep: 10 min | Cook: 20 min | Style: Stovetop
- Flavor notes: Savory ramen base with creamy cheese.

Ingredients

- 12 oz ramen noodles (discard seasoning) or macaroni
- 3 cups rich chicken broth
- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 1 1/2 cups cheddar, shredded
- 1 cup mozzarella, shredded
- 1 tbsp soy sauce, 1 tsp sesame oil, salt, pepper

Directions

- 1 Cook noodles in broth until tender; reserve 1/2 cup broth.
- 2 Make roux with butter and flour; whisk in milk and reserved broth.

- 3 Add soy sauce and sesame oil; melt in cheeses.
- 4 Fold in noodles; season with salt and pepper.

Finishing Touch

- Top with soft-boiled egg halves and nori strips.

Batch Cooking & Freezing

- **Freezer-friendly:** Baked styles (pan 9x13) freeze well. Underbake by 5 minutes; cool, wrap tightly, and freeze up to 2 months.
- **Reheat:** Thaw overnight. Bake covered at 350°F for 25–35 minutes, adding 1/2 cup milk if dry.
- **Meal prep cups:** Portion into muffin tins, bake, cool, and freeze for quick snacks.

Conversions & Measurements

- **Volume:** 1 cup = 240 ml; 1 tbsp = 15 ml; 1 tsp = 5 ml.
- **Weight (cheese, shredded):** 1 cup ≈ 4 oz (115 g).
- **Pasta:** 1 lb (454 g) dry pasta yields ~8 cups cooked.
- **Oven temps:** 350°F = 175°C; 375°F = 190°C; 400°F = 205°C.
- **Pan sizes:** 9x13 in pan ≈ 3 qt; 8x8 in pan ≈ 2 qt; 10–12 in skillet ≈ 3 qt.