



Macaroni Pie



Serving
10–12



Prep
15 Minutes



Cook
40 Minutes



Contributer
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- 2 cups Whole grain elbow macaroni
- 2 ½ cups Low fat cheddar cheese, grated
- 2 cups Low fat evaporated milk (500 mL)
- ½ tsp Mustard
- 1 tbsp Margarine
- 1 Onion, chopped
- 1 Carrot, grated
- ¼ tsp Black pepper
- ½ tsp Salt

1. Preheat oven to 350° F and grease baking dish.
2. Bring pot of water with a pinch of salt to a boil on the stove. Add macaroni and leave for 15–20 minutes or until al dente and drain.
3. Melt margarine in saucepan on medium heat. Add onion and carrot and sauté for 2–3 minutes.
4. Add macaroni to saucepan and mix well.
5. Stir in 2 cups of the grated cheese, evaporated milk, mustard, salt, and black pepper. Remove pan from heat when mixture starts to thicken.
6. Pour macaroni into greased dish and sprinkle remaining cheese over top.
7. Bake for 30 minutes or until golden brown.

Serve with fresh vegetables of choice.

DIETITIAN'S MESSAGE

Hands down one of my favourite Trinidadian foods, macaroni pie is usually the first dish my mother or grandmother would make for me when I arrive in Trinidad! Traditionally, it is made with white pasta, but substituting it for whole-grain pasta increases the fibre content and gives it more of a nutty flavour.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement