

## **CARBCONTROL RECIPES**

### **MAINS**

#### **Macaroni and Cheese – serves 6 (for stage 4)**

4 cups pasta (prepare according to recipe)

ca 500 g coarsely chopped ham

1 cup sliced mushrooms

½ cup diced onion

3 tbsp butter

¼ tsp seasoned salt

1 ½ cup cream

2 ½ cups sharp grated Cheddar cheese  
butter

preheat oven to 180 C fan bake.

Brown ham, mushrooms, and onion in butter. Add salt then remove from heat. Stir in cream and 2 cups grated Cheddar cheese. Put back on low heat and simmer until cheese melts (do not allow to boil) Add pasta to mixture and combine well. Pour into buttered casserole dish and top with remaining ½ cup Cheddar cheese. Bake for 30 minutes.