



Comfort-in-a-Bowl Pimento Mac and Cheese + Crumbly Breadcrumb Topping

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Prep Time 15 / **Cook Time** 25 / **Serves** 4 - 6

Shopping List

DAIRY AND EGGS

1 C or more of pimento cheese OR 1/2 C cheddar cheese + 1/2 C cream cheese + 1 tsp smoked paprika
(see allergy subs below)

1 egg **(see allergy subs below)**

PANTRY

2 C dried elbow macaroni or cavatappi pasta **(see allergy subs below)**

2 1/2 tsp salt

1/2 tsp ground black pepper

1 C plain breadcrumbs **(see allergy subs below)**

1 T Italian seasoning (or 1 tsp dried parsley + 1 tsp dried basil + 1 tsp oregano)

HAVE ON HAND

4 C water

"WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)

4 C water

2 C ice

Choose 1 or more of the following fresh ingredients to flavor your water:

1 cucumber

1 lime

- 1 lemon
- 1 orange
- 1 mint sprig

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

bake: to cook food with dry heat, as in an oven.

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- Pitcher
- Cutting board
- Kid-safe knife
- Measuring cups
- Small frying pan
- Small mixing bowl
- Dry measuring cups
- Measuring spoons

- Wooden spoon
- Large pot
- Colander or strainer
- Large skillet with lid
- Liquid measuring cup
- Large mixing bowl

Ingredients

Comfort-in-a-Bowl Pimento Mac and Cheese

- 4 C water
- 2 tsp salt
- 2 C dried elbow macaroni or cavatappi pasta ******(for GLUTEN ALLERGY sub gluten-free/nut-free macaroni or similar pasta)
- 1 C or more pimento cheese OR 1/2 C cheddar cheese, 1/2 C cream cheese, and 1 tsp smoked paprika ******(for DAIRY/EGG ALLERGY see below)******
- 1/2 tsp ground black pepper
- 1 egg ******(Omit for EGG ALLERGY)******

Crumbly Breadcrumb Topping

- 1 C plain breadcrumbs ******(for GLUTEN ALLERGY sub gluten-free/nut-free breadcrumbs)******
- 1 T Italian seasoning (or 1 tsp dried parsley + 1 tsp dried basil + 1 tsp oregano)
- 1/2 tsp salt

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime
- 1 lemon
- 1 orange

□ 1 mint sprig

Food Allergen Substitutions

Comfort-in-a-Bowl Pimento Mac and Cheese

Gluten/Wheat: Substitute gluten-free/nut-free macaroni or similar pasta.

Dairy: For 1 C pimento cheese, substitute 1/2 C dairy-free/nut-free cheddar cheese + 1/2 C dairy-free/nut-free cream cheese + 1 tsp smoked paprika.

Egg: Omit the egg. Check the pimento cheese label for the presence of eggs or mayonnaise and follow the Dairy allergy substitutions if necessary.

Crumbly Breadcrumb Topping

Gluten/Wheat: Substitute gluten-free/nut-free breadcrumbs.

"Water You Cooking Up?" Flavored Water

Instructions

Comfort-in-a-Bowl Pimento Mac and Cheese

intro

Pimento is a type of pepper that is often bright red with a sweet, mild flavor. It's commonly found inside green olives, making them tasty treats! People also use pimento in pimento cheese, a yummy spread many enjoy on sandwiches, especially in the South. This recipe will feature pimento cheese as the main ingredient in our skillet-baked Mac and Cheese.

measure + boil

Into a large pot, measure **4 cups water** and **2 teaspoons salt**. Bring to a boil. Once at a rolling boil, add **2 cups of uncooked macaroni**. Boil for 8 minutes. Drain the water, leaving the pasta and roughly **1/4 cup of water** in the pot.

measure + stir

In a large bowl, measure **1 cup pimento cheese** and **1/2 teaspoon black pepper**. Also, crack in **1 egg**. Stir until all the ingredients are fully combined. Then, gently pour in the pasta and water. Stir again until the cheese is smoothly incorporated. If adding **Crumbly Breadcrumb Topping**, make that now, then continue to step 4.

bake + serve

Pour the mac and cheese mixture into a large skillet. Then, sprinkle the top with the **Crumbly Breadcrumb Topping**. Cover the mixture with a lid and cook on the stovetop for 8 minutes over medium-low heat. Scoop heaping spoonfuls of the mac and cheese into bowls and enjoy!

Crumbly Breadcrumb Topping

measure + toast

Measure **1 cup breadcrumbs**, **1/2 teaspoon salt**, and **1 tablespoon Italian seasoning** in a small bowl. Gently stir to combine. Then, pour the mixture into a small, dry pan over medium-low heat. Cook for 3 to 5 minutes, or until the breadcrumbs are lightly toasted and brown.

sprinkle + serve

Sprinkle these breadcrumbs over **Comfort-in-a-Bowl Pimento Mac and Cheese** before baking. Enjoy!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Pimento Cheese!

Hi! I'm Pimento Cheese!

"I'm a spread made of cheese and pimentos! You can put me on crackers and veggies, like celery, and in sandwiches. I'm known as the caviar of the South!"

We know what cheese is, but what is a pimento (also spelled pimiento)? A pimento is a red, sweet, mild chili pepper. A small piece of red pimento is the bit of red you see stuffed into a green olive.

Pimento cheese originated in the early 20th century in the northern part of the United States. Recipes began to appear in print by 1908 for softened cream cheese or Neufchâtel cheese mixed with minced pimentos. Commercial spreads arrived in 1910.

After 1945, pimento cheese became less popular but remained associated with southern states.

Ingredients start with shredded cheddar cheese or a soft, creamy cheese, to which mayonnaise and jarred diced pimentos are added. Some recipes include cayenne pepper and Worcestershire sauce.

Pimento cheese sandwiches have been a mainstay of the food concessions at the Masters Golf Tournament, held in August, Georgia, since the 1940s!