BETTER FOR YOU MAC & CHEESE

Ingredients

- 4 ounces elbow noodles (whole wheat, bean pasta ... your choice!) boiled with 3 tablespoons kosher salt
- 1 tablespoon local unsalted butter
- 1/4 cup reserved pasta water
- 20 grams local chèvre (goat cheese)
- 35 grams whipped cottage cheese
- 1/2 cup shredded local cheddar or jack cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- squeeze of lemon juice (optional)

Instructions

In a large pot, add water and 3 tablespoons of kosher salt. Boil noodles until al dente, per package directions. While the noodles cook, set out all ingredients for use. Once elbows have finished cooking, reserve 1/4 cup pasta water. Strain noodles and add them back into the pot over an off burner. Working in one ingredient at a time; add butter, pasta water, chèvre, then cottage cheese. Add shredded cheese until evenly combined. The texture should be slightly saucy - it will thicken as it cools off. Lastly, sprinkle with seasonings and fold to combine. For an extra twist, squeeze some lemon overtop. Enjoy!

In a medium bowl, add topping ingredients. Using a fork, cut the butter into the mixture to form a loose crumble. Sprinkle the topping over the apple filling. Bake (at 350ºF) for 28 minutes until golden brown on top. Once removed, refrigerate for an hour minimum before slicing. Enjoy!!