

Macaroni & Cheese for One

2 tbsp butter or margarine – divided
1 tbsp all-purpose flour
¼ tsp salt
Pinch pepper
½ cup milk
⅓ cup cheddar cheese – diced
¼ tsp prepared mustard
¼ tsp Worcestershire sauce
½ tsp onion – chopped
¼ cup elbow macaroni – cooked and drained
2 saltine crackers – crushed

In a saucepan, melt 1 tbsp butter, stir in flour, salt and pepper. Wisk in milk a little at a time until smooth. Cook and stir for 2 minutes. Reduce heat to low.

Add the cheese, mustard, Worcestershire sauce and onion; stir until cheese is melted. Add macaroni. Transfer to a greased 1 cup baking dish.

Sprinkle with saltines; dot with remaining butter.

Bake, uncovered, at 350° F for 15 minutes or until heated through.

Yield: 1 serving