



SERIOUSLY MISO MAC N' CHEESE

Mac and Cheese? Yes, please!! Gluten Free? Betch, please.

Okay, yes; I am born of a generation which proudly hails we weren't allergic to gluten. And, rightfully so...when feeling smug. However, 6% of Americans alone develop sensitivity to the prolamin and glutenin combo naturally found in wheat plant and other grists as adults; more commonly with women – leading to Celiac Disease. Thus making this fickle fiend called flour a real grain in the ass.

It wasn't until a friend gave up Triticum Vulgare and the like for Lent, that I came up with my Seriously Miso Mac n' Cheese. Blissfully simple to make and ready in minutes.

Cadia® Brown Rice Penne Pasta, coconut milk, a kiss of white miso and Seriously Sharp Cheddar Cheese from Cabot® Creamery; fashion a nouveau umami-driven take on an ol' skool classic.

And, did I mention it's ridiculously gewd?

Generational conceit aside, X marks the spot with this recipe.

PREP/COOK TIME: 18 Minutes

Makes 4 Servings

INGREDIENTS

1 Lb – Cadia® Brown Rice Penne Pasta

¼ Cup – Unsalted Butter

1 Tb – White Miso Paste

½ Tsp – Ground Black Pepper

2 Tsp – Dijon Mustard

1 Cup – Grated Pecorino Romano

4 Oz (1/2 Block) – Cabot® Seriously Sharp Cheddar Cheese, Grated

1 (13.66 Oz) Can – Thai Kitchen® Unsweetened Coconut Milk

2 Tb – Low Sodium Tamari

2 – 3 Scallions, chopped from stem to tip

THE NITTY GRITTY

In a large pot, bring 2 qts of salted water to a boil at medium high heat. Add pasta and stir vigorously. Cook for 5 minutes. Reserve about one cup of cooking water before draining.

Reduce heat to medium low. In the same pot, add butter, miso, black pepper and Dijon mustard to pasta. Stir to combine and till butter has melted.

Add both cheeses; stir to coat pasta. Add coconut milk and tamari, along with reserved cooking water, and continue stirring till all's blended and a rich velvety sauce begins to form. Fold in chopped scallion stems; remove from heat.

Garnish with chopped scallion tips and enjoy!!

Store any unused portion to an air-tight container. Lasts about 5 days in the fridge; 2 months in the freezer. Reheats beautifully in the microwave.

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