

Macaroni & Cheese, Baked

- 2 quarts water
- 1 teaspoon salt (opt)
- 2 ½ cups whole wheat macaroni (8 oz)
- 1 cup clean, raw cashews
- 2 cups water
- 2 ounce jar pimientos
- 2 tablespoons fresh lemon juice
- 2 teaspoons onion powder
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 ½ cups of whole wheat bread crumbs

Bring 2 quarts water and 1 teaspoon salt to a boil, then add macaroni. Bring to a second boil, then reduce heat and simmer, covered, until tender. Process cashews with 1 cup of the water in a blender, until very smooth. Add remaining water and other ingredients, except bread crumbs, and continue blending until smooth. Drain macaroni and place in a casserole

dish. Pour sauce over top and stir in. Cover and bake at 350 F fir 30 minutes. Uncover and top with bread crumbs. Bake for an additional 15 minutes. For variation, add 1 cup of a colorful vegetable, such as green peas. Serves. 7.

From the kitchen of Melinda Harris