

# MedWatch **RECIPES**

T O D A Y

## Easy apple and chicken sausage mac and cheese

*by Senior Executive Chef Andy Hatcher, Community Regional Medical Center*

Yield: Serves 4

### *Ingredients:*

- 3 cups macaroni pasta
- 1 cup evaporated milk
- 1 cup shredded cheddar
- 1 cup shredded white cheddar
- ½ tsp. black pepper
- ½ tsp. ground mustard seed
- 1 tsp. salt
- ½ tsp. smoked paprika
- ½ cup sliced chicken apple sausage
- ½ cup chopped apple
- ½ cup sliced or diced red onion
- 1 tsp. olive oil
- ¼ cup apple cider vinegar

### *Directions:*

1. Place macaroni noodles in a medium sauce pan. Add cold water just to the top of the pasta. Cook on high heat and stir frequently.
2. When there is about ¼ cup of pasta water left in the pan, turn the heat to low. Add the evaporated milk and shredded cheeses. Stir to combine and melt the cheeses, do not let sauce simmer. Add the salt, pepper, mustard and paprika. Continue to cook on low until desired sauce thickness.
3. You can stop here and have plain mac and cheese. Or, to take it to another level, continue.
4. In a sauté pan on mid high heat, add the olive oil and the sausage. Cook until sausage is brown and fully cooked.
5. Add the onion to the pan and cook for 2 min. then add the apples and cook for another 2 min. or until soft.
6. Deglaze the pan with apple cider vinegar. Let the vinegar reduce until it is gone. Remove the pan from the heat and add to the mac and cheese and stir to combine.
7. Plate or serve family style, and enjoy.