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## – Oven-Baked Macaroni & Cheese –

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serves: 6–8 • This recipe is pacifying to Pitta and Vata but is Kapha aggravating.

### Ingredients

- 2 c. *uncooked* noodles of choice (can be gluten-free)
- 3 Tbsp. ghee or butter
- 1" piece of fresh ginger, grated
- 2–3 cloves of garlic, chopped fine
- salt and black pepper to taste
- 2 c. cheese, grated (can be cheddar, mozzarella, colby, monterey jack, etc.)
- 1 qt. organic whole cow's milk
- 1 tsp. turmeric powder

### Directions

Preheat the oven to 350°.

Place the noodles in the bottom of an 8x8" baking pan.

Dab small pieces of the ghee/butter randomly around the noodles.

Sprinkle in some salt, and add black pepper more liberally.

Spread the grated fresh ginger and chopped garlic evenly around.

Distribute the grated cheese on top of everything, ensuring even coverage and that the noodles are covered.

Pour the milk over everything, again ensuring that the noodles are completely submerged. Sprinkle the turmeric powder on.

Bake at 350° for 45+ minutes. The top should be a nice golden brown, and all of the liquid content should be cooked off.

### Note

The garlic, ginger, turmeric, and black pepper serve to make this recipe less Kapha-aggravating than it would otherwise be. For those who think they don't like garlic and/or ginger, you'll be surprised that they affect the flavor of this dish very little; the cheese overpowers them.



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