**Macaroni and Cheese**

**Ingredients**

* ¾ cups macaroni pasta
* 2 tablespoons butter
* 1/8 cup flour
* ½ teaspoon salt
* ¼ teaspoon black pepper
* 1 ¼ cups 2% milk
* 1 ½ cups grated medium cheddar cheese

**Instructions**

Preheat the oven to 375°. Boil the pasta until al dente, according to package directions. Drain and rinse with cool water to stop the cooking, and return to the pan you boiled it in.

Over medium heat, melt the butter. Add the flour, salt, and pepper. Stir constantly over medium heat for about three minutes.

Stir in the milk. Keeping on medium heat, whisk constantly for about 10 minutes, until the sauce thickens.

Remove from heat, and stir in 1 cup of the cheese, stirring until melted. Pour the cheese sauce over the noodles and toss gently until all noodles are covered. Add half the noodles to a square glass dish. Sprinkle on half the remaining cheese. Add the rest of the noodles. Sprinkle on the rest of the cheese.

Bake for about 25-30 minutes, until it starts getting a slightly dry and a tiny bit brown on top.