**Canadian Living’s Macaroni and Cheese**

This quick sauce comes together as the pasta cooks to make a dish that's heaps better than any boxed variety. Baked in the oven for a crispy top.

**Ingredients**

Sauce:

1 tbsp (15 mL) butter

* Half onion, diced
* 1/2 tsp (2 mL) salt
* Pinch cayenne\_pepper
* 1 tbsp (15 mL) all-purpose\_flour
* 1 cup (250 mL) milk
* 1 tsp (5 mL) Dijon\_mustard
* 1 cup (250 mL) shredded old Cheddar cheese

Pasta:

* 2 cups (250 mL) elbow pasta (about 12 oz/375 g)

Topping:

1 tbsp butter

¼ cup bread crumbs

¼ shredded cheese

**Preparation**

In large saucepan, melt butter over medium heat; cook onion, salt and cayenne pepper, stirring occasionally, for about 6 minutes or until softened.

Stir in flour; cook, stirring, for 2 minutes. Gradually whisk in milk and mustard; cook, whisking, for 10 minutes or until bubbly, thickened and onion is softened. Stir in cheese until smooth.

Meanwhile, in large pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm. Drain and add to sauce; toss to coat. Pour into an oven safe dish.

Sprinkle cheese over pasta. Melt butter in microwave. Mix in the bread crumbs. Sprinkle on top of pasta. Broil in oven for a FEW minutes. Watch the whole time to avoid burning.