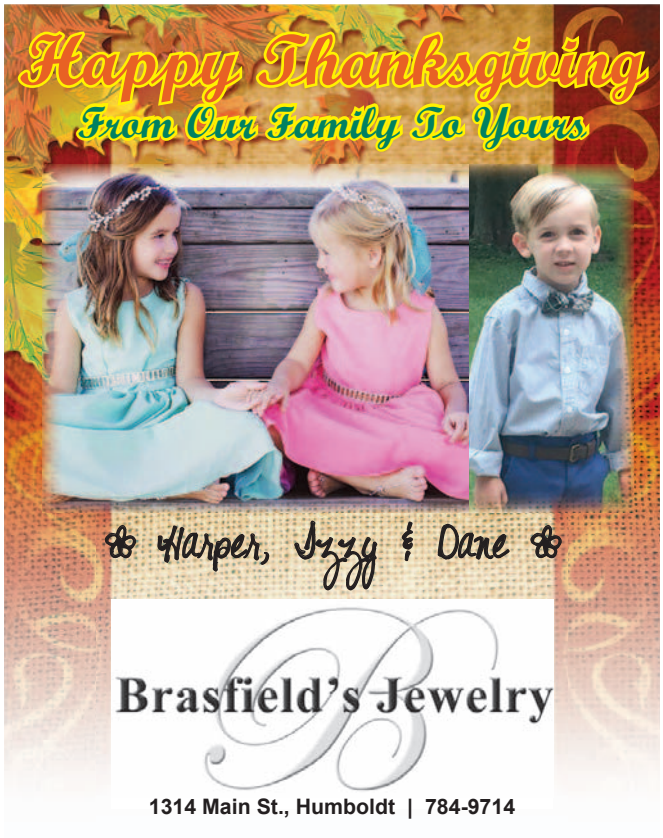
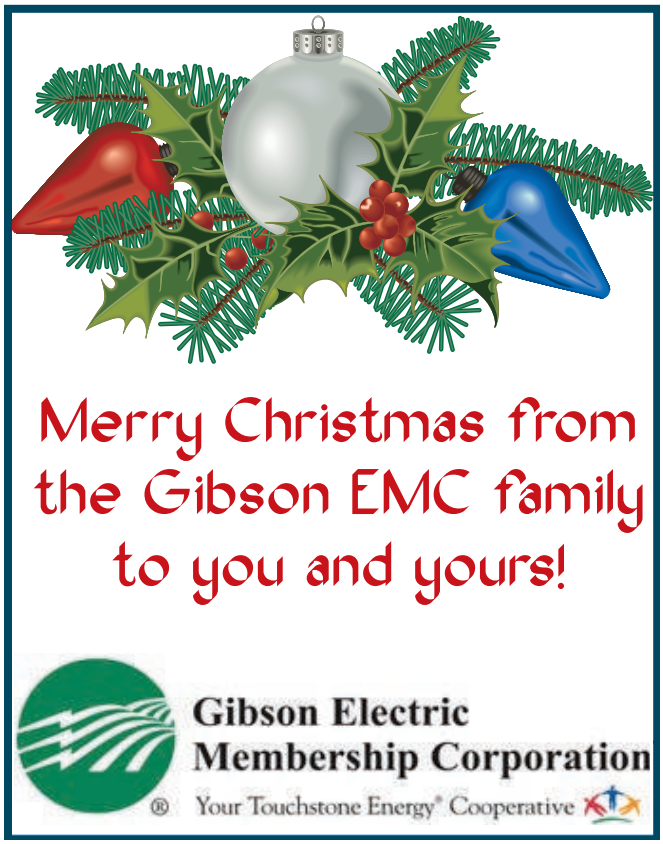
Golden Macaroni and Cheese

1 10-3/4 oz can cream of mushroom soup
1/2 cup milk
1/2 tsp mustard
1/8 tsp pepper
3 cups elbow macaroni, cooked
2 cups shredded Cheddar cheese, divided
1 cup French fried onions
Blend soup, milk, mustard and pepper in a lightly greased 1 1/2 quart casserole dish. Stir in macaroni and 1 1/2 cups cheese. Bake, uncovered, at 350° for 20 minutes. Top with remaining cheese and onions; bake 10 additional minutes.

Three Cheese Asparagus Gratin

2 lbs thin asparagus rinsed with ends cut off
3 cups water
2 tbsp salted butter
2 tbsp whole-wheat flour
3/4 cup shredded mozzarella divided
1/2 cup shredded Asiago cheese
1/2 cup grated Parmesan cheese
sea salt to taste
carlic Pepper or regular pepper to taste
fresh parsley for garnish optional
Preheat the broiler on your oven. Place the rack on the top rung. In a large skillet, bring 3 cups water to a boil. Toss in asparagus and cook covered for 4 minutes or until fork tender. Remove asparagus and place on a nonstick baking sheet (or pre-sprayed baking sheet), in a long row. Season with sea salt and garlic pepper to taste. Set aside. Pour 1-cup asparagus water from the skillet into a measuring cup and discard the rest. In the same skillet, now empty, heat 2 tbsp salted butter over medium heat. Add the flour and stir to combine, about 1 minute. Pour the asparagus water into the skillet and combine using a whisk until a thick sauce forms. About 4 minutes. Turn off the heat and stir in the Parmesan, Asiago, and 1/2 cup mozzarella. Stir until creamy and fully melted. Pour the cheese sauce over the center of the asparagus. Top with the remaining 1/4 cup mozzarella. Broil for 4-6 minutes, or until the cheese is bubbly and golden brown. Watch this step carefully to not overcook. Garnish with parsley if desired. Serve and enjoy!