

Grown-up Mac & Cheese With Wild American Shrimp

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COOK with JOHN

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Servings: 8

1 Pound Wild American Shrimp, peeled and deveined
1 Pound Macaroni, cooked and drained
2 Each Large Eggs, slightly beaten
1 Cup Whole Milk
2 Cups Fontina Cheese, shaved
3 Cups Parmesan Cheese, shaved
4 Ounces Proscuitto Di Parma, small cubes
4 Cloves Garlic, finely minced
2 Each Vine Ripened Tomatoes, cored, seeded & diced
1/4 Cup Fresh Basil Leaf, chiffonade
To Taste Sea Salt
To Taste Cracked Black Pepper
2 Tablespoons Organic Unsalted Butter

Preheat oven to 350F.

In a large pot, bring 6 quarts of salted water to a rapid boil over high heat. Once water is at boil, add the macaroni and cook "al Dente", about 8 - 9 minutes, uncovered. Once pasta is cooked, strain through colander, rinse under cold water to stop cooking

While the pasta is cooking, mince the garlic; core, seed and chop the tomatoes; chiffonade the basil and shred the cheeses. Reserve 1 cup of the Parmesan cheese for the top of the casserole. Combine the remaining ingredients in a large bowl along with the eggs and milk. When the pasta is done cooking and has cooled, toss into bowl with other ingredients, add the shrimp and toss well to coat.

Use the butter to slightly grease a large casserole dish on bottom and all sides. Pour the Mac & Cheese into casserole dish. Top with the reserved Parmesan cheese and place on middle rack of oven. Bake for 35 minutes or until cheese has melted to golden brown color. Remove from oven, toss ingredients and let sit for 5 minutes. Serve in warmed pasta bowls along with some crusty bread and enjoy.

Per Serving (excluding unknown items): 612 Calories; 26g Fat (38.4% calories from fat); 45g Protein; 48g Carbohydrate; 2g Dietary Fiber; 217mg Cholesterol; 1279mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

This is a SUPER easy and tasty dish that you can "whip up" with about 20 minutes prep time!!!

Suggested Wine: A fruity, slightly spicy Pinot Grigio or California Chardonnay

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