

Cheesy, Spiced Macaroni

4 cups dry whole wheat macaroni
4 tablespoons olive oil
1 tablespoon whole cumin
5 garlic cloves, minced
3 cups finely chopped onions
2 15 oz cans organic diced tomatoes, reserve juices and chop tomatoes further
2 teaspoons freshly ground black pepper
1 teaspoon turmeric
1 teaspoon garam masala
1 teaspoon coriander seeds, toasted and ground
1 teaspoon cumin seeds, toasted and ground
2 tablespoon all-purpose flour
1 1/2 cups organic milk, maybe a bit extra
1 1/2 cup grated cheddar cheese
1 1/2 cup grated mozzarella cheese
3/4 cup whole wheat panko bread crumbs
4 tabiespoons grated Parmesan cheese
Salt

Bring a large pot of water to boil and add the macaroni. Simmer until *al dente* – check package directions - maybe 8 minutes. Drain and set aside. Preheat oven to 400°F.

Warm the oil in a non-aluminum skillet over medium-high heat and add the cumin seeds, then after a few seconds, the chopped garlic and onions. Sauté for about 5 minutes until lightly browned. Add the flour and cook for another minute, stirring constantly.

Reduce heat to medium, add the tomatoes and juice, then cook for about 5 minutes, blending them in with the back of your spoon. Stir in the spices, a sprinkling of salt and cook for 1 minute. Add the milk in a slow stream to avoid curdling, stirring and scraping gently with a flat spatula. Check consistency and add a bit more milk if too dry (Just don't let it become soupy!).

Mix in the cheddar and mozzarella cheeses, then carefully fold-in the cooked macaroni. Transfer to a large flat baking dish. Mix the bread crumbs with the Parmesan cheese and spread evenly over the macaroni. Bake uncovered for 30 minutes.

Serve with cooked vegetables or a green salad.

8 servings