



Crispy Macaroni & Cheese Nuggets

Something strange is happening

Mac 'n Cheese turned into delicious appetizers

2 cups warm prepared mac & cheese
1/2 cup fresh fine chopped broccoli or as desired
1/2 to 1 teaspoon hot chili sauce (optional ingredient)
2 eggs, lightly beaten
1-1/2 Tablespoons unsweetened almond milk or milk
1 cup seasoned or plain bread crumbs
1/4 cup yellow cornmeal
Salt to taste
Serve with mild or medium spicy salsa

In a large bowl, combine mac & cheese and fresh minced broccoli, add hot sauce if preparing appetizers for adults. Pat evenly into foil lined 9-inch square pan. Cover pan; refrigerate about 8 hours or overnight.

Using a small cookie scoop, form chilled mac & cheese into 1-inch balls. Place into 9-inch square pan; freeze balls for 2 hours or ready to cook.

In a small bowl, whisk together eggs and milk; set aside.
In another shallow dish, combine bread crumbs and cornmeal; set aside.
Dip balls into egg mixture; then dredge in breadcrumbs to coat.

Cook Mac & Cheese Nuggets:

Heat cooking oil as needed in deep fryer or 2 inches in Dutch oven to 350 degrees F over medium heat. Fry cheese balls in batches of 3 or 4 for about 3 minutes or until golden brown. Remove to paper towels; season with salt as desired.

To Serve: Place hot nuggets on serving platter with a container of toothpicks. Place salsa sauce in dipping cup on the side.

Yield: about 20 to 24 appetizers or snacks

Cook's Note: We prepared the macaroni & cheese from a retail product. It had a very bland flavor, which is preferred by most children. If making this recipe for adults, add some hot sauce to perk up the flavor. If you prefer, prepare your mac & cheese from your favorite recipe. Also, you can freeze the uncooked nuggets as well as the cooked ones.

About the Recipe: This Mac & Cheese recipe is really a fun appetizer, and we enjoyed the addition of some fresh broccoli. Broccoli is a natural veggie to go with cheese. The basic recipe can be adjusted to use it with your favorite mac & cheese recipe or prepare from the packaged product. Serve with some spicy salsa as a dipping sauce.