

Cavatappi Mac & Cheese

with Purple Top Turnip & Kale

Mac and cheese has been a staple at the Thanksgiving table since the Victorian era, and we're celebrating its comforting flavors here—with some seasonal flair. We're using subtly sweet purple top turnip and earthy kale, both of which enhance the savory flavors of white cheddar, Parmesan cheese and rich béchamel sauce. Corkscrew-shaped cavatappi pasta and a crispy panko breadcrumb crust complete this delicious classic.



Ingredients

6 Ounces Cavatappi Pasta
¾ Cup Milk
3 Cloves Garlic
4 Ounces Kale
1 Purple Top Turnip
1 Bunch Thyme

Knick Knacks

2 Ounces White Cheddar Cheese
2 Tablespoons All-Purpose Flour
¼ Cup Grated Parmesan Cheese
¼ Cup Panko Breadcrumbs
1 Teaspoon Cavatappi Spice Blend
(Sweet Paprika, Ground Aleppo Pepper & Mustard Powder)

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove and discard the kale stems; thinly slice the leaves. Cut out and discard the root end of the turnip; peel and medium dice. Peel and mince the garlic. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. Grate the cheese.

2



Cook the pasta:

Add the **pasta** to the pot of boiling water. Cook 6 to 8 minutes, or until just shy of al dente (still slightly firm to the bite). Drain thoroughly. Rinse and wipe out the pot.

3



Cook the vegetables:

In the pot used to cook the pasta, heat 2 teaspoons of olive oil on medium-high until hot. Add the **kale** and **turnip**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the kale has wilted and the turnip is tender. Transfer to bowl. Wipe out the pot.

4



Make the béchamel sauce:

In the same pot, heat **2 tablespoons of olive oil** on medium until hot. Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **flour**; cook, stirring constantly, 30 seconds to 1 minute, or until golden. Add the **milk** and **1¼ cups of water**; cook, stirring occasionally, 4 to 6 minutes, or until thickened.

5



Make the filling:

Stir the **cheddar cheese**, **Parmesan cheese**, **spice blend** and **half the thyme** into the pot of béchamel sauce. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Stir in the **cooked vegetables** and **cooked pasta**; cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined and warmed through. Remove from heat and season with salt and pepper to taste.

6



Finish & serve your dish:

Transfer the **filling** to a baking dish. Place the **breadcrumbs** in a small bowl; add enough olive oil to moisten them. Season with salt and pepper. Evenly top the filling with the **moistened breadcrumbs**. Place the baking dish on a sheet pan. Bake 12 to 14 minutes, or until golden brown and crispy on top. Remove from the oven. Let stand for about 2 minutes before serving. Garnish with the **remaining thyme**. Enjoy!