

Alaska Crab Mac & Cheese



Preparation Time: 15 minutes

Cook Time: 30 minutes

Servings: 6 to 8

Ingredients:

1 lb. Italian fusilli or trotole pasta, cooked al dente, drained and kept warm

1 lb. Alaska crabmeat (2 lbs. Alaska King, Snow or Dungeness crab legs)

2 cups bite-sized pieces of fresh asparagus (about 9 oz.),

1/2 cup butter

1/2 cup flour

1 teaspoon salt or garlic salt or onion salt

1/2 teaspoon cracked black pepper

1 quart non-fat or 1% milk, warmed

1 cup shredded Gruyere or Swiss cheese

1 cup shredded Parmesan cheese

2 cups shredded sharp white cheddar cheese

1/2 to 3/4 cup panko breadcrumbs

1/2 teaspoon each smoked paprika and dried thyme

Description:

Preheat oven to 400°F.

In a large pot over medium-low heat, melt butter. Whisk in flour and cook 2 minutes, stirring constantly. Stir in the salt, pepper and warm milk. Cook and whisk until sauce has thickened and is smooth. Turn heat to lowest setting; stir in cheeses. Turn off heat; continue stirring until sauce is smooth. Gently blend in the pasta, crabmeat and asparagus. Turn mixture into a spray coated 9x13-inch pan or 8 (1-1/2 cup) baking dishes.

Blend together breadcrumbs, smoked paprika and thyme; sprinkle evenly over pasta. Bake 20 minutes or until sauce is bubbly and topping is browned.