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THE COMFORT ZONE

Indulge yourself with some down-home dining at these newly opened spots

One of the many joys of being a grown-up is that **mac and cheese** is a whole new bowl of noodles. The runny, toxic-orange, powder-derived dinner of our childhood (okay, and college years) has been replaced with the real thing: plump elbow-macaroni noodles clinging to thick, creamy cheese sauce. It's the kind of rich, feel-good treat that puts you in a better mood just by looking at it. Try the batches at these new comfort-food havens: Freemans (2

Freeman Alley off Rivington St between Bowery and Chrystie St, 212-420-0012), **Nolita House** (47 E Houston St between Mott and Mulberry Sts, 212-625-1712) and Cup Diner & Bar (35-01 36th St at 35th Ave, Astoria, Queens; 718-937-2322).

