

Macaroni & Cheese

Makes: 6 (1-cup) servings
Preparation Time: 5 minutes
Cooking Time: 25 minutes

Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk
- 2 cups shredded cheddar cheese,
- ½ teaspoon pepper
- 2 cups cooked chopped broccoli

Directions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese, salt, and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce – approximately 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste, and then add a small amount of salt if needed.
9. Refrigerate leftovers.

Be creative!

Add a drained can of diced tomatoes and/or chopped, cooked carrots instead of broccoli.

Eat smart: vary your veggies!



| Nutrition Facts | |
|-------------------------------|------------------------------|
| Serving Size 1 cup (213g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 360 | Calories from Fat 130 |
| % Daily Value* | |
| Total Fat 14g | 22% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 45mg | 15% |
| Sodium 300mg | 13% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 3g | 12% |
| Sugars 6g | |
| Protein 19g | |

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