RECIPE

Macaroni & Cheese with Broccoli

Broccoli gives flavor, texture, and nutrients to this creamy spin-off of the traditional pasta and cheese dish.

Makes: 6 servings
Prep Time: 5minutes
Cook Time: 25 minutes

Source: www.myplate.gov

Small Changes, BIG Difference!

Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk (1%, low fat)
- 2 cups cheddar cheese, low-fat shredded
- 1/2 teaspoon pepper
- 2 cups broccoli (cooked and chopped)

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 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; add a small amount of salt, if needed.
9. Refrigerate leftovers.

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	280
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	12 mg
Sodium:	277 mg
Total Carbohydrates:	40 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	N/A
Protein	19 g

Utensils Needed

- Box grater
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Sharp knife
- Spatula

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