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

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.
- 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.
- 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.



Small Changes, BIG Difference!







Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	280
Total Fat:	<u>4 g</u>
Saturated Fat:	<u>2 g</u>
Cholesterol:	12 mg
Sodium:	277 mg
Total Carbohydrates:	<u>40 g</u>
Dietary Fiber:	<u>3 g</u>
Total Sugars:	<u>5 g</u>
Added Sugars:	N/A
Protein	<u>19 g</u>

Utensils Needed

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



SHOPPING LIST

Average total cost without oil and seasonings: \$7.22

Average cost/serving: \$1.20

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart Reduced 2% Fat Shredded Cheddar Cheese, 8 oz bag

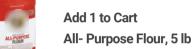


Add 1 to Cart Broccoli Crowns



Add 1 to Cart 1% Milk, 0.5 gallon







Add 1 to Cart Whole wheat pasta (16 oz avg)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

 Try this with roasted squash or sweet potatoes in the fall or winter, roasted beets in the spring, or a tomato salad in the summer for a meal with tasty seasonal veggies!

