

# 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: 5 minutes  
Cook Time: 25 minutes

Source: [www.myplate.gov](http://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.
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.



Small Changes,  
BIG Difference!



### 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

# 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  
All- Purpose Flour, 5 lb



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!