



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

Be Creative!

Add a drained can of diced tomatoes and/or chopped, cooked carrots instead of 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; then add a small amount of salt if needed.
9. Refrigerate leftovers.



Nutrition Facts	
Serving Size 1 cup (213g)	
Servings Per Container 6	
Amount Per Serving	
Calories 360	Calories from Fat 130
<small>% Daily Value*</small>	
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	