Macaroni & Cheese
Makes 6 – 1 cup servings

Ingredients:
- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups low fat 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; then add a small amount of salt if needed.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

Nutrition Facts

6 servings per container
Serving size 1 cup (182g)

Amount per serving
Calories 510

% Daily Value*
Total Fat 6g 8%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 1260mg 55%
Total Carbohydrate 78g 29%
Dietary Fiber 1g 4%
Total Sugars 31g
Includes 0g Added Sugars 0%
Protein 34g

Vitamin D 1mcg 6%
Calcium 942mg 70%
Iron 2mg 10%
Potassium 827mg 29%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

11% calories from fat