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

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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