Macaroni and Cheese

Ingredients:
2 cups uncooked elbow macaroni
4 Tablespoons all-purpose white flour
2 cups fat-free milk
2 cups shredded low-fat cheddar cheese
½ teaspoon black 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 and pepper.
6. Stir over medium heat until the milk and cheese thicken into a cream 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.

Yields about 6 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

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

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