Macaroni and cheese with broccoli



Recipe credit

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes

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About this recipe

Serves
6
Serving size
1 cup, 1/6 of recipe
Time to make
25 minutes; Preparation Time: 5 minutes

Special criteria
Summer meals in a SNAP

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.

Tips and variations

Fresh or frozen broccoli can be used

Nutritional info

Calories
280
Total fat

4 g
Saturated fat
2 g
Cholesterol
12 mg
Sodium
277 mg
Total carbohydrates
40 g
Dietary fiber
3 g
Protein
19 g
Total sugar
5 g
Allergens
Dairy
Wheat

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