Macaroni and cheese



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves
5
Serving size
1/5 of prepared recipe
Time to make
10 minutes preparation; 42 minutes cook time.
Special criteria
Vegetarian recipes
Whole grains recipes

Ingredients

- 1/2 8-ounce package whole grain elbow macaroni
- 3 tablespoons margarine or butter
- 3 tablespoons all-purpose flour
- 2 1/2 cups skim milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups (8-ounces) shredded cheddar cheese
- Optional: 1/2 cup bread crumbs

Directions

1. Cook noodles according to package directions
2. Preheat oven to 350 degrees F.
3. In medium saucepan, melt margarine or butter. Stir in flour. Gradually stir in milk. Cook, stirring constantly over medium heat until sauce thickens. Stir in salt and pepper.
4. Add cheese and stir until cheese melts.
5. Stir cheese mixture into cooked pasta.
6. Spoon pasta into a greased 2-quart baking dish.
7. Top with bread crumbs if desired.
8. Bake 30 minutes.

Tips and variations

- Make this dish healthier by adding chopped vegetables when you mix the cheese sauce with the pasta. Try onion, broccoli, red pepper, corn, tomatoes, or cauliflower.
- Try using a combination of cheeses instead of just cheddar.
- Reheat leftover macaroni and cheese in the microwave. Add a little more milk before heating and stir frequently.

Nutritional info

Calories
379
Total fat
22.3 g
Saturated fat
10.3 g
Cholesterol
50 mg
Sodium
713 mg
Total carbohydrates
26.9 g
Dietary fiber
1.9 g
Protein
19.2 g
Total sugar
7 g
Allergens
Dairy
Wheat

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