

## Macaroni and cheese



Recipe credit

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### **About this recipe**

Serves

5

Serving size

1/5 of prepared recipe

Time to make

10 minutes preparation; 42 minutes cook time.

Special criteria

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# 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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