

# Macaroni and Cheese

Serves 16, ½ cup per serving



## Ingredients

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

## Directions

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6-8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.

## Nutrition Facts

Serving Size ½ cup  
Servings Per Recipe 16

Amount Per Serving

**Calories** 180    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **8%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol** 15mg    **5%**

**Sodium** 85mg    **4%**

**Total Carbohydrate** 26g    **9%**

Dietary Fiber 3g    **11%**

Sugars 2g

**Protein** 8g

Vitamin A 6%    • Vitamin C 10%

Calcium 8%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## Chef's Notes

- Use any veggies you like. Try using ½ cups chopped tomatoes, steamed cauliflower, cooked peas or spinach, or cooked butternut or acorn squash cubes instead of broccoli.
- For a heartier version, in step 8 add 1 (12-ounce) can tuna, packed in water, drained. Or, add cubed and cooked chicken pieces.
- For extra flavor, add ½ teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta, like penne or shells, instead of macaroni.
- Top with toasted whole wheat breadcrumbs if you like.
- Freeze leftovers for up to 3 months.