Macaroni and Cheese

Ingredients:

2 cups uncooked elbow macaroni *- use a whole grain pasta for more fiber*

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

Nutrition Facts		
Serving Size 1 cup (7.9 ounces)		
Servings Per Recipe 6		
Amount Per Serving		
Calories 260	Calories from Fat	35
	% Daily Value *	
Total Fat 3.5g		6%
Saturated Fat 2g		9%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 270mg		11%
Total Carbohydrate 39g		13%
Dietary Fiber 3g		13%
Sugars 6g		
Protein 19g		
Vitamin A 15%	Vitamin C	40%
Calcium 30%	Iron	10%

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

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

13.5% calories from fat
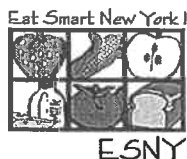
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