

Macaroni & Cheese With Broccoli

Makes: 6 servings



Ingredients

- 2 cups elbow macaroni (uncooked)
- 4 Tbsp. all-purpose flour
- 2 cups 1% milk
- 2 cups low-fat shredded cheddar cheese
- ½ tsp. black pepper
- 2 cups cooked broccoli (chopped)

Nutritional information for 1 serving

Calories	326
Total fat	9 g
Saturated fat	5 g
Cholesterol	33 mg
Sodium	276 mg
Carbohydrate	39 g
Dietary fiber	4 g
Total sugars	6 g
Added sugars included	0 g
Protein	21 g

Directions

1. Cook the macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return it 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 black 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, and heat thoroughly.
8. Taste. Add a small amount of salt, if needed.