



Macaroni and Cheese

Ingredients:

- 2 cups uncooked elbow macaroni
- 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 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 to 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: Cornell University Cooperative Extension in New York City

Nutrition Facts

servings per container
Serving size 1 cup (214g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 510mg	22%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 18g	
Vitamin D 1mcg	6%
Calcium 278mg	20%
Iron 1mg	6%
Potassium 398mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.