MAC AND CHEESE WITH BROCCOLI*

INGREDIENTS:
- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk (low fat)
- 2 cups cheddar cheese, shredded
- 1/2 teaspoon pepper
- 2 cups broccoli (cooked and chopped)

MATERIALS:
- Large Pot
- Colander
- Wooden Spoon
- Sharp knife
- Measuring spoons
- Measuring cups
- Cutting Board
- Grater

Serves 6
Serving Size: 1 cup

*RECIPE FROM: USDA Mixing Bowl

Find more recipes online at: www.gcfc.org/recipes_resources
DIRECTIONS:

1. Cook macaroni, following the instructions on the package. Drain the cooked macaroni and return to the pan.
2. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
3. Over medium heat, slowly stir the milk into the macaroni.
4. Add the cheese and pepper.
5. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
6. Stir in the broccoli; heat thoroughly.
7. Taste; add a small amount of salt, if needed.

Chef’s Notes:

- Use fresh or frozen broccoli. If using frozen, thaw before stirring into the macaroni mixture.
- Add other veggies like spinach or peas if you like.