



## MAC AND CHEESE WITH BROCCOLI\*

### MATERIALS:

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

### 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)

Serves 6

Serving Size: 1 cup

*\*RECIPE FROM: USDA Mixing Bowl*

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.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.