



Build Strong Bones



EFNEP

Expanded Food and Nutrition Education Program

Macaroni & Cheese Casserole

Makes: 6 (½ cup) servings
Preparation Time: 5 minutes
Cooking Time: 25 minutes

Ingredients

- 1 cup uncooked elbow macaroni
- 2 tablespoons flour
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup 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, salt, and 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.
8. Refrigerate leftovers.

Eat Smart: Vary Your Veggies!

Nutrition Facts	
Serving Size 1/2 Cup (107g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 540mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 8g	

