



Macaroni and Cheese

Servings: 6

Serving Size: 1 cup

Ingredients:

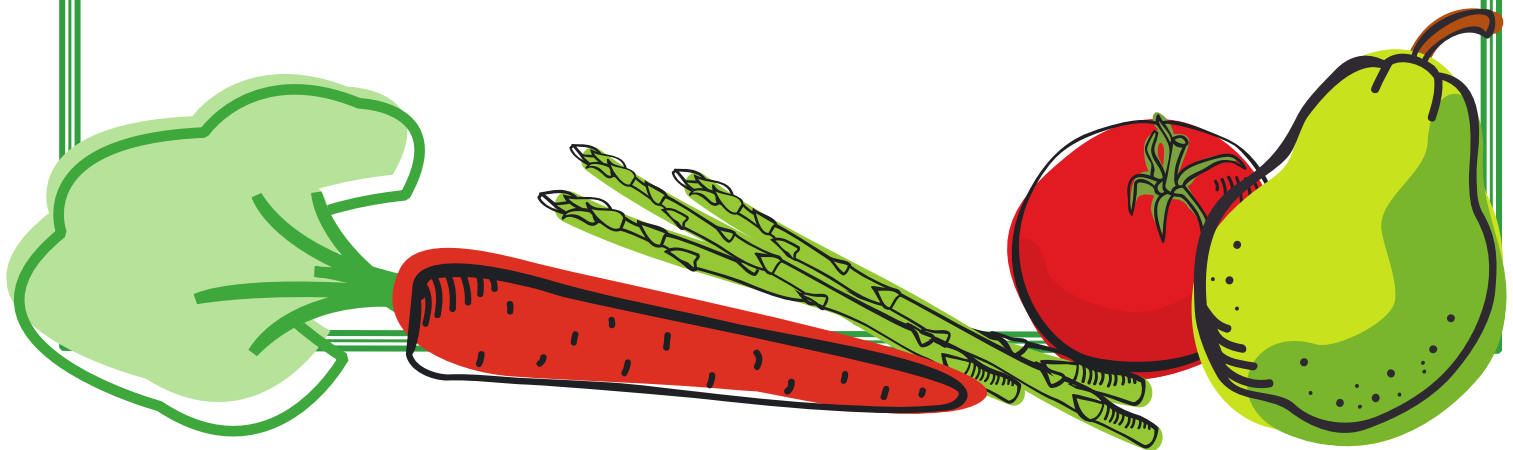
- 2 cups whole wheat pasta
- 2 cups low-fat cheddar cheese, shredded
- 4 tablespoons flour
- 1/2 teaspoon pepper
- 2 cups low-fat or nonfat milk
- 1 (8-ounce) package of frozen, chopped, broccoli

Directions:

1. Cook pasta, following the instructions on the package.
2. Drain the cooked pasta and return to the pan.
3. While the pasta is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly add the milk.
5. Add the cheese and the pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce, 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Serve immediately.
9. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 30
%	
Total Fat 3g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 270mg	
Total Carbohydrate 36g	
Dietary Fiber 4g	
Sugars 4g	
Protein 18g	
Vitamin A 4%	
Vitamin C 15%	
Calcium 30%	
Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

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