



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

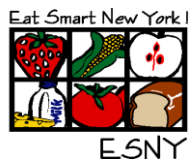
Nutrition Facts		
Serving Size: 1 cup (7.9 ounces)		
Servings Per Recipe: 6		
Amount Per Serving		
Calories	260	Calories from Fat 35
% Daily Value *		
Total Fat	3.5g	6%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	270mg	11%
Total Carbohydrate	39g	13%
Dietary Fiber	3g	13%
Sugars	6g	
Protein	19g	
Vitamin A	15%	Vitamin C 40%
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:	2000	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

13.5% calories from fat

Recipe analyzed without dice tomatoes or broccoli



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

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