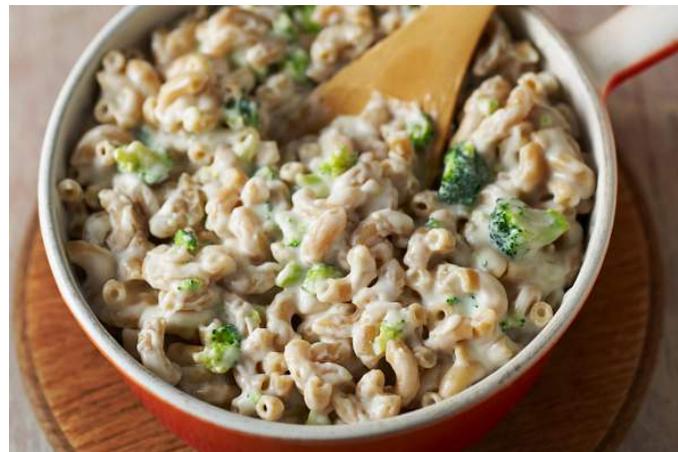


Stovetop Mac and Cheese

Enjoy this classic dish with broccoli or other veggies you have on hand! No oven required.

Makes: 16 servings (8 cups)
Cook Time: 45 minutes

Source: Cooking Matters



Small Changes,
BIG Difference!

Ingredients

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

Directions

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6–8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	180
Total Fat:	6 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	85 mg
Total Carbohydrates:	26 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	8 g

Utensils Needed

- Box grater
- Colander
- Cutting board
- Fork
- Large pot
- Measuring cups
- Measuring spoons
- Microwave-safe bowl
- Rubber spatula
- Sharp knife
- Small pot with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$8.65

Average cost/serving: \$0.54

Recipe makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Broccoli



Add 1 to Cart
Light Cream Cheese



Add 1 to Cart
Cheddar Cheese



Add 1 to Cart
Non-fat milk



Add 1 to Cart
Whole wheat macaroni

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Use any veggies you like. Try using 1½ cups chopped tomatoes, steamed cauliflower, or cooked peas or spinach instead of broccoli.
- For a heartier version, in step 8 add 1 (12-ounce) can tuna, packed in water, drained. Or, add cubed and cooked chicken pieces.
- For extra flavor, add ½ teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta, like penne or shells, instead of macaroni.
- Freeze leftovers for up to 3 months.