

# Broccoli Mac & Cheese

**Makes**  
6 servings

**Prep time**  
5 minutes

**Cook time**  
15 minutes

**Good source of**  
Fiber  
Protein

## Ingredients:

- 2 cups uncooked whole wheat elbow macaroni
- 4 Tbsp. whole wheat flour
- 2 cups 1% (low-fat) or skim (non-fat) milk
- 2 cups low-fat cheddar cheese, shredded
- ¼ tsp. black pepper
- ½ tsp. salt
- 2 cups frozen broccoli, drained and chopped

## Nutrition Facts

6 servings per container  
Serving size 1 cup (280g)

Amount per serving  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 580mg	25%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 1mcg	6%
Calcium 292mg	20%
Iron 2mg	10%
Potassium 423mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions:

1. In a large pot, cook macaroni according to package instructions.
2. Drain the cooked macaroni but do not rinse. Reduce heat to medium low and return to the pot.
3. While the macaroni is still hot, sprinkle in the flour and stir thoroughly.
4. While on medium low heat, slowly stir the milk into the macaroni mixture.
5. Add the cheese, black pepper, and salt.
6. Heat until the milk and cheese thicken into a creamy sauce, stirring often, approximately 5 minutes.
7. Stir in the broccoli and heat thoroughly.
8. Serve hot and refrigerate leftovers.

