

Wisconsin

Macaroni and Cheese with Broccoli

Featured Food: Milk and Cheese

Makes: 6 servings

Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons all-purpose flour
- 2 cups milk
- 2 cups cheddar cheese, shredded
- ½ teaspoon black pepper
- 2 cups cooked broccoli, chopped
- salt to taste



Directions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pot.
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 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; heat thoroughly.
8. Taste; add a small amount of salt, if desired.

Recipe from: *Eating Smart, Being Active*, Colorado State University and University of California at Davis, adapted by the USDA Food and Nutrition Administration.

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