



Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Macaroni & Cheese with Broccoli

Prep time: 5 minutes

Cook time: 25 minutes

Makes: 6 Servings

Broccoli gives flavor, texture, and nutrients to this creamy spin-off of the traditional mac and cheese dish. Try this with roasted squash or sweet potatoes in the fall or winter, roasted beets in the spring, or a tomato salad in the summer for a meal with tasty seasonal veggies!

Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk (1%, low fat)
- 2 cups cheddar cheese, low-fat shredded
- ½ teaspoon pepper
- 2 cups broccoli (cooked and chopped)

Directions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
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 needed.
9. Refrigerate leftovers.

Notes

Fresh or frozen broccoli can be used

Learn more about [broccoli](#) .

My Notes



Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	280	 Vegetables 1/4 cup
Total Fat	4 g	 Grains 1 1/2 ounces
Saturated Fat	2 g	 Dairy 3/4 cup
Cholesterol	12 mg	Visit ChooseMyPlate.gov
Sodium	277 mg	
Total Carbohydrate	40 g	
Dietary Fiber	3 g	
Total Sugars	5 g	
Added Sugars included	0 g	
Protein	19 g	
Vitamin D	1 mcg	
Calcium	280 mg	
Iron	2 mg	
Potassium	290 mg	
N/A - data is not available		