



A Nutrition Resource

# BAKED MAC AND CHEESE WITH BROCCOLI

**Yield: 6 Servings**

**Cost/Serving: \$2.20**

## Ingredients:

- 8 oz whole grain elbow macaroni
- 2 tsp oil
- 3/4 cup diced onion
- 1 1/3 cups milk (skim or low-fat)
- 2 tbsp corn starch
- 2 tbsp milk (skim or low-fat, for thickener)
- 1 cup shredded cheddar cheese
- 3/4 tsp paprika
- 1/2 tsp dry mustard
- 1/4 tsp salt
- 1 pinch black pepper
- 8 broccoli crowns

## Directions:

1. Boil pasta in 3 quarts water per pound. Be careful to not overcook as pasta will get mushy. Drain well and rinse with cold water. Pour cooked pasta into a baking dish.
2. Heat the oil. Add the onion and garlic and cook over medium heat, stirring occasionally until softened but not brown, about 5-7 minutes.
3. Add the milk and continue cooking, do not bring to a boil. DO NOT add the milk that is dedicated for the "thickener" until step 4.
4. Thoroughly whisk the cornstarch into the remaining cold milk to make the thickener. Add the thickening mixture to the boiling milk, stirring frequently, about 5 minutes.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>3/4 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0.6mcg	<b>4%</b>
Calcium 300mg	<b>25%</b>
Iron 1.7mg	<b>10%</b>
Potassium 730mg	<b>15%</b>

\* The % Daily Value (DV) 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.

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5. Reduce heat to low and add the cheddar cheese, paprika, mustard, salt, and pepper, stirring constantly until cheese melts, about 1 minute.
6. Chop the broccoli crowns. If you are using the stems, discard the bottom 1-2 inches, peel the stems with a sharp knife, and slice thinly.
7. Steam the broccoli in a steamer or in a large pot with 2 inches of boiling water, covered, over high heat, until bright green and softened but not mushy, 5-7 minutes. Drain broccoli.
8. Combine broccoli, cheese sauce, in the baking dish, adding salt and pepper, as necessary.
9. Blend bread and parmesan in a food processor until the breadcrumbs are fine. Sprinkle on top.
10. Bake until cheese is bubbling and crust browns, covering with aluminum foil if it gets too dark, at 325°F for about 30-35 minutes.

*Source: MT Harvest of the Month and  
Massachusetts Farm to School  
Cookbook*

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