

Healthy Family Table | Family-Friendly Baked Vegetable Macaroni and Cheese

Prep Time: 15 minutes **Cook Time:** 1 hour **Total Time:** 1 hour 15 minutes **Serves:** 8 **Serving Size:** 1 cup



Looking for an easy recipe that the whole family will love? Look no further! This baked vegetable macaroni and cheese is sure to be a crowd pleaser. Making your own macaroni and cheese instead of boxed macaroni and cheese is an easy homemade meal. Adding vegetables to the recipe adds more color, flavor, and many vitamins and minerals that your children need to function optimally. Enjoy!

What You'll Need:

- 10 ounces (1 $\frac{1}{4}$ cups) of whole grain elbow macaroni
- 2 tablespoons of unsalted butter
- 2 tablespoons flour
- 2 $\frac{1}{2}$ cups low fat milk
- 2 $\frac{1}{4}$ cups low fat grated cheddar cheese
- 2 cups broccoli florets
- 2 cups carrots, diced

Directions:

1. Preheat oven to 400°F
2. In a medium sauce pan, bring 4 cups of water to a boil. Once boiling, add elbow macaroni and stir. Cook for 7 minutes or until al dente. Strain and set aside.
3. In another medium sauce pan, melt 2 tablespoons of butter over medium heat. Stir in flour and cook for 1 minute. Next, add milk and cook for 6 minutes or until thickened. Stir constantly.
4. Remove the mixture from heat and stir in 1 $\frac{1}{2}$ cups of low fat cheddar cheese.
5. Pour mixture over elbow macaroni, broccoli, and carrots. Stir well.
6. Place the macaroni mixture into a 9x13 inch baking dish. Sprinkle the remaining $\frac{1}{4}$ cup of cheese on top.
7. Bake for 45 minutes or until top begins to brown. Let stand for 10 minutes before serving.

Nutritional Information:

193 calories, 14g protein, 22g carbohydrates, 6g total fat, 18mg cholesterol, 261mg sodium, 3g dietary fiber

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Rachel is passionate about cooking easy and healthy meals. She hopes to help provide families with quick and tasty recipes to serve during meal times.

Adapted from: www.food.com Accessed 2/29/2016

<http://www.food.com/recipe/5-ingredient-macaroni-and-cheese-212084>

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