

MAC AND CHEESE WITH TINY TREES

Course: Lunch or Dinner

Prep. Time:

Servings: 6

CACFP: 1 serving grain & 2
oz. meat/meat alternate



INGREDIENTS

- 6 oz. chicken, cooked and shredded
- 1 ½ C. whole grain elbow macaroni-dry
- ¼ C. unsalted butter
- ¼ C. flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ground mustard
- 2 C. low-fat milk
- 6 oz. low-fat shredded sharp cheddar cheese

INSTRUCTIONS

1. Heat oven to 350 degrees.
2. Cook macaroni as directed on package.
3. While pasta is cooking, melt butter in 3-quart saucepan over low heat.
4. Stir in flour, salt, pepper, and mustard.
5. Cook over low heat stirring constantly, until mixture is smooth and bubbly.
6. Stir in milk. Heat to boiling, stirring constantly.
7. Boil and stir for one minute; remove from heat.
8. Stir in cheese until melted.
9. Drain macaroni. Gently stir into cheese sauce.
10. Add chicken and mix.
11. Pour into ungreased 2-quart casserole.
12. Bake uncovered 20-25 minutes or until bubbly.
13. Serve beside steamed cauliflower and broccoli.