



### No Bake Macaroni and Cheese

#### Ingredients:

- 8 oz. whole wheat elbow macaroni
- 1 - 10 oz. package frozen chopped broccoli (or another vegetable)
- 3 Tblp. flour
- 1  $\frac{3}{4}$  cup lowfat milk divided
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp ground white pepper
- $\frac{3}{4}$  cup shredded extra sharp cheddar cheese
- $\frac{1}{4}$  cup shredded parmesan cheese

#### Preparation:

1. Bring large pot of water to a boil. Cook pasta for 4 minutes. Add frozen broccoli and continue cooking, stirring occasionally, until the pasta and broccoli are just tender, 4-5 minutes more.
2. Meanwhile, heat 1  $\frac{1}{2}$  cups milk in another large pot over medium-high heat until just simmering. Whisk the remaining  $\frac{1}{4}$  cup milk, flour, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk, return to a simmer and cook, whisking constantly, until the mixture is thickened, 2-3 minutes. Remove from heat and whisk in Cheddar and Parmesan until the cheese is melted.

3. Drain the pasta and broccoli and add the cheese sauce. Return to the heat and cook stirring, over medium heat, until heated through, about 1 minute.

**Yield:** 12 servings

**Serving Size:** Each serving provides  $\frac{1}{4}$  ounce meat alternate,  $\frac{1}{8}$ <sup>th</sup> cup fruit/vegetable and a grains/breads serving at lunch/supper for children 3-5 years.

Note: an additional  $1\frac{1}{4}$  ounces of meat/meat alternate and  $\frac{3}{8}$ <sup>th</sup> cup of fruit/vegetable are needed to meet the minimum serving requirements of 1.5 ounces a meat/meat alternate and  $\frac{1}{2}$  cup fruit/vegetable for children 3-5 years. For example, serve with a ham slice ( $1\frac{1}{4}$  ounces ) and  $\frac{3}{8}$  cup carrots.