

## STOVE TOP MAC AND CHEESE

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- 1 small head broccoli
  - 5 oz. shredded cheddar or Monterey Jack cheese
  - 1 (16 oz.) package whole wheat macaroni
  - 1 ½ cups nonfat milk
  - 1 ½ Tablespoons unsalted butter
  - 2 Tablespoons all-purpose flour
  - ½ teaspoon salt
  - ½ teaspoon ground black pepper
  - 4 Tablespoons light cream cheese
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1. Rinse and chop broccoli.
2. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6-8 minutes.
3. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
4. In a small pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
5. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
6. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
7. Add macaroni to cheese sauce. Stir to coat.

Serves 16, 1/2 cup per serving. Adapted from *Cooking Matters for Kids*.

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