

Side Dish

Healthy Macaroni and Cheese

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Kraft Foods

Servings: 4

- 8 ounces (2 cups) whole-wheat elbow noodles**
- 1 package (10 oz) frozen chopped broccoli**
- 1 3/4 cups low-fat milk, divided**
- 3 tablespoons flour**
- 1/2 teaspoon garlic powder**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground white pepper**
- 3/4 cup extra-sharp Cheddar cheese, shredded**
- 1/4 cup Parmesan cheese, shredded**
- 1 teaspoon Dijon mustard**

Bring a large pot of water to a boil. Cook the pasta for 4 minutes.

Add the frozen broccoli and continue cooking, stirring occasionally, until the pasta and the broccoli are just tender, 4 to 5 minutes more.

Meanwhile, heat 1 1/2 cups of milk in another large pot over medium-high heat until just simmering.

Whisk the remaining milk, flour, garlic powder, 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 to 3 minutes.

Remove from the heat and whisk in the cheese and mustard until the cheeses are melted.

Drain the pasta and broccoli and add to the cheese sauce.

Return to the heat and cook, stirring, over medium-low heat until heated through, about 1 minute.

Yield: 4 1-1/4 cup servings

Per Serving (excluding unknown items): 47 Calories; 2g Fat (31.5% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 375mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.