

Creamy Stove Top Macaroni and Cheese

This dish is a vegetable filled whole grain version of a classic!

Serving Size: Serves 8

1 cup per serving, 45 minutes

Ingredients

- 2 heads broccoli
- 1 cup frozen peas
- 4 ounces reduced fat Monterey Jack cheese
- 1 (16-ounce) package 100% whole wheat pasta (such as rotini)
- 1 1/2 cups nonfat milk
- 1 2/3 Tablespoons butter or oil
- 2 Tablespoons flour
- 1/2 teaspoon ground black pepper (optional)
- 4 Tablespoons light cream cheese (50% Less Fat)
- Salt



Materials

- Box grater
- Colander
- Cutting Board
- Large pot with lid
- Measuring cups
- Measuring spoons
- Oven mitts
- Plates
- Sharp knife
- Wooden spoon

Instructions

1. Wash hands with soap and water.
2. Rinse and chop broccoli.
3. Grate Monterey Jack cheese and set aside.
4. Cook pasta following package directions. Add broccoli and peas to pasta during the last 2 minutes of cooking. Drain in a colander and set aside.
5. In the same pot, over medium heat, add oil or butter. Add flour. Whisk, stirring constantly for 30 seconds until light brown.
6. Slowly add milk. Stirring constantly until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
7. Add cream cheese and grated cheese. Stir until grated cheese is melted. Turn off heat.
8. Add pasta, broccoli, and peas to cheese sauce. Stir with a wooden spoon to combine. Add black pepper if desired, salt to taste. Serve immediately.
9. Enjoy! Clean up and put leftovers in the refrigerator when finished.

Nutrition Highlights

Includes 100% whole grains

High in fiber

No added sugars

Includes a dairy food

Includes vegetables



Analysis does not include optional ingredients.

Total calories: 230 Total fat: 6g Saturated fat: 2g Carbohydrates: 32g Protein: 15g Fiber: 7g Sodium: 230 mg



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Cremoso Macarroni con Queso

Porción: Sirve 8

1 taza por porción, 45 minutos

¡Esta es una receta clásica, la versión con granos enteros y llena de vegetal!

Ingredientes

- 2 cabezas de brócoli
- 4 onzas de queso bajo en grasa, Monterey Jack
- 1 paquete (16 onzas) de pasta de macarrones de 100% trigo integral
- 1 1/2 taza de leche descremada
- 1 2/3 cucharadas de mantequilla sin sal o aceite
- 2 cucharadas de harina
- 1/2 cucharadita de pimienta negra (opcional)
- 4 cucharadas de queso crema bajo en grasa
- Sal

Materiales

- Rallador
- Colador
- Tabla de cortar
- Olla grande con tapa
- Tazas medidoras
- Cucharas medidoras
- Guantes de cocina
- Platos
- Cuchillo afilado
- Cuchara de madera



Instrucciones

1. Lavar las manos.
2. Enjuague y corte el brócoli.
3. Rallé el queso Monterey Jack y coloque a un lado.
4. Cociné la pasta, acuerdo a las direcciones en el paquete. Agregue el brócoli a la pasta durante los últimos dos minutos de cocinar. Escurre en un colador y coloque a un lado.
5. En la misma olla sobre fuego medio, agregue aceite. Agregue la harina. Batir, revolviendo constantemente por 30 segundos.
6. Lentamente agregue la leche. Revuelva constantemente hasta que la salsa espese. La salsa debe ser suficientemente gruesa para cubrir la parte posterior de una cuchara.
7. Añada el queso crema y queso rallado. Revuelva hasta que el queso rallado este derretido. Sacar del fuego.
8. Añada la pasta y brócoli a la salsa de queso. Revuelva con una cuchara de madera para combinar. Añada pimienta negra si desea. Sirva inmediatamente.
9. ¡A disfrutar! Limpie y guarde las sobras cuando termine.

Información Nutricional

- Incluye 100% granos integrales
- Alto en fibra
- Sin azúcares añadidos
- Incluye productos lácteos
- Incluye verduras



Tamaño de la porción: Calorías: 230 Grasa Total:6 g Grasa Saturada: 2g Carbohidratos:32 g Proteínas: 15g Fibra Dietética:7 g Sodio: 230 mg



Creamy Mac and Cheese.v3

Number of Servings: 8 (301.56 g per serving)

Amount	Measure	Ingredient	Nutrients per serving
2.00	ea	Broccoli, bunch, fresh	
4.00	oz	Cheese, cheddar, low fat, shredded	
1.00	cup	Peas, green, ckd f/fzn, drnd	
16.00	oz	Pasta, macaroni, whole wheat, ckd	
1.50	cup	Milk, nonfat, calc fort	
1.67	Tbs	Oil, canola	
2.00	Tbs	Flour, all purpose, self rising, white, enrich	
4.00	Tbs	Cream Cheese, soft, light	

Nutrition Facts		
Serving Size (302g)		
Servings Per Container		
Amount Per Serving		
Calories 230	Calories from Fat 50	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 230mg		10%
Total Carbohydrate 32g		11%
Dietary Fiber 7g		28%
Sugars 7g		
Protein 15g		
Vitamin A 35%		Vitamin C 230%
Calcium 25%		Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		