

## Homemade Macaroni and Cheese with Steamed Broccoli

This recipe is a good example of using whole foods to create a healthier version of a favorite processed food.

### Ingredients

- 1 box (12-16 ounces) whole wheat macaroni or small shells
- 1 ½ cups low-fat milk
- 2 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 4 ounces shredded sharp cheddar cheese
- 4 Tbsp. light cream cheese
- Kosher salt and freshly-ground black pepper to taste
- 1 small head of broccoli (or other vegetables as desired)

### Directions:

1. Cook pasta according to package directions. Drain and set aside.
2. Rinse and chop broccoli into florets. Place in a microwave-safe bowl and add a small amount of water to the bottom of the bowl. Cook on high until broccoli turns bright green and crisp-tender, approx. 5 minutes. Alternately, place broccoli in steamer basket, set basket in a medium saucepan with a small amount of water in the bottom of the pan. Cover pan with a tight-fitting lid. Bring water to a simmer and steam broccoli until bright green and crisp-tender.
3. Make cheese sauce: Heat milk in a small saucepan until just warm—not boiling! Set aside.
4. In a large pot over medium heat, melt butter. Add flour and stir constantly with a wooden spoon until thoroughly combined. [This is called a *roux*.]
5. Slowly and gradually whisk the warm milk into the roux. Stir constantly until the sauce thickens enough to coat the back of a spoon [This is called *nappe*.]
6. Add in grated cheddar and cream cheese and stir until cheeses are melted. Season to taste with salt and pepper. Remove from heat.
7. Add cooked shells and broccoli to cheese sauce and stir until coated.

### Chef's Notes:

- Use any pre-cooked vegetables you like in this recipe, such as green peas, spinach, or cauliflower.
- To boost the nutritional value, add a healthy protein, such as pre-cooked lentils or 1 12-ounce can of solid albacore tuna packed in water.
- Leftovers may be frozen up to 3 months.

**Yield:** 8 servings

# Local Matters

