



# Stovetop Broccoli Mac & Cheese

Servings 12 | Prep time 10 mins | Total time 45 mins.

**Equipment:** Microwave-safe bowl, Colander, Small pot with lid, Large pot

**Utensils:** Rubber spatula, Measuring cups and spoons

## Ingredients

- 1 large head broccoli, chopped into small pieces
- 1 16-ounce package whole grain pasta (such as macaroni, rotini, or penne)
- 1 1/2 cups low-fat milk
- 1 1/2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 tablespoons reduced fat cream cheese (about 2 ounces)
- 5 ounces cheddar or Monterey Jack cheese, shredded

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. In a microwave-safe bowl, add broccoli and just enough water to cover halfway. Heat in microwave until bright green and tender, about 6–8 minutes.
3. Cook pasta following package instructions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
4. In a small pot over medium heat, heat milk until hot and bubbly, about 3-5 minutes. When hot, remove from heat. Cover to keep warm.
5. In a large pot over medium heat, melt butter. Add flour. Mix with rubber spatula, stirring constantly until mixture is smooth and flour is mixed in.
6. Slowly add the warm milk into large pot. Stir constantly with a spatula, until sauce thickens. Sauce should be thick enough that when spoon is dipped in, sauce will stick to back of spoon.
7. Stir in salt and black pepper. Add cream cheese, shredded cheese, and broccoli. Stir until shredded cheese is melted. Remove from heat.
8. Add pasta to cheese sauce. Stir to coat.

## Nutritional Information:

Calories 250   Total Fat 8g   Sodium 400mg   Total Carbs 38g   Protein 12g