



**No-Bake Macaroni & Cheese** Provided by EatingWell.com



Not only is this ultra-creamy version of mac-and-cheese nearly as fast as the boxed variety, but your family will be able to pronounce every ingredient. If they aren't broccoli fans, substitute a frozen vegetable of your choice.

• **INGREDIENTS**

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

**COOKING DIRECTIONS**

Step 1: Bring a large pot of water to a boil. Cook pasta for 4 minutes. Add frozen broccoli and continue cooking, stirring occasionally, until the pasta and broccoli are just tender, 4 to 5 minutes more.

Step 2: Meanwhile, heat 1 1/2 cups milk in another large pot over medium-high heat until just simmering. Whisk the remaining 1/4 cup 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 Cheddar, Parmesan and mustard until the cheese is melted.

Step 3: 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.

Serves 4 Prep Time 20 min. Total Time 25 min.

**NUTRITION INFO** Per serving

Calories: 412 Carbohydrates: 56g Fat: 13g Protein: 22g Dietary Fiber: 7g Saturated Fat: 7g

Monounsaturated Fat: 1g Cholesterol: 37mg Potassium: 236mg Sodium: 640mg

Exchanges: 3 starch, 1 vegetable, 1/2 reduced-fat milk, 1 high-fat meat

Carbohydrate Servings: 3