

BROCCOLI MAC & CHEESE



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BROCCOLI MAC & CHEESE

SERVINGS: 6 | **SERVING SIZE: 1 CUP**

★ **Calories:** 280 **Total Fat:** 4g **Saturated Fat:** 2g **Sodium:** 277mg **Carbohydrates:** 40g **Fiber:** 3g **Protein:** 19g

INGREDIENTS

- 3 cups dry, whole wheat rotini or other similar shaped pasta
- 1 ½ cups USDA block cheese, cubed; or block cheese of your choosing
- 2 ½ cups milk
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon pepper
- 2 cups frozen broccoli, thawed, cut into ½ inch pieces

DIRECTIONS

1. Cook pasta according to package directions.
2. Drain pasta.
3. Return drained pasta back to the cooking pan.
4. Add cheese, milk, garlic and onion powder, pepper, and frozen broccoli.
5. Stir until cheese is melted.

Note: Whole wheat pasta is recommended for added nutrients.

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