

## Broccoli Macaroni and Cheese



### Ingredients:

- 2 cups macaroni, uncooked
- 4 tablespoons flour
- 2 cups low-fat milk
- 2 cups reduced-fat cheddar cheese, shredded
- 1/2 teaspoon pepper
- 2 cups broccoli, cooked and chopped
- Salt to taste

### Instructions:

1. Cook macaroni per package instructions.
2. Drain macaroni and return to pan.
3. Stir in flour thoroughly.
4. Over medium heat, stir in milk.
5. Add cheese and pepper and stir until sauce begins to thicken, approximately 7-10 minutes.
6. Stir in broccoli and mix thoroughly.
7. Add salt to taste, if needed.

Makes 6 servings.



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