



Entrée

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Power Mac and Cheese

Helpful Hints

We eat with our eyes. For a colorful plate of food, buy vegetables.

Have cut-up broccoli in the refrigerator for a grab-and-go snack.

Kids learn from watching you. Eat veggies and your kids will too.

Power Mac and Cheese

Serves 8

Ingredients

2 cups uncooked
elbow macaroni
4 tablespoons flour
2 cups milk
2 cups cheddar cheese,
shredded
2 cups broccoli, cooked and
chopped in small pieces

Directions

1. Cook macaroni, following instructions on package.
2. Drain cooked macaroni and return to pan.
3. While macaroni is still warm, sprinkle in flour and stir thoroughly.
4. Over medium heat, slowly stir milk into macaroni.
5. Add cheese.
6. Stir over medium heat until milk and cheese thicken into a creamy sauce, about 7 to 10 minutes.
7. Stir in broccoli and heat thoroughly.