

# BROCCOLI MAC & CHEESE

## —————MAINS—————

### INGREDIENTS

Cooking spray  
12 ounces whole wheat elbow macaroni (about 3 cups)  
1 1/2 tablespoons butter  
1/2 cup diced onion  
1/4 cup flour  
2 cups fat-free milk  
1 cup low sodium chicken broth  
2 teaspoons Dijon mustard  
8 ounces (2 cups) reduced-fat shredded sharp cheddar cheese  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
12 ounces fresh broccoli, cut into florets (about 5 cups or 1 large bunch)  
2 tablespoons grated parmesan cheese  
1/4 cup unseasoned breadcrumbs  
1/2 teaspoon garlic powder

### DIRECTIONS

1. Cook pasta in a large pot of boiling water, according to package directions, reducing cooking time by 2 minutes. Spray a 9-inch by 13-inch baking dish with cooking spray.
2. While macaroni cooks, prepare broccoli in another pot just until the broccoli turns bright green. Steam, blanch or even briefly microwave. *Don't overcook to retain the maximum amount of nutrients!*
3. Preheat oven to 375°F. In a large, heavy skillet, melt butter. Add onion; cook over low heat about 2 minutes. Add flour and cook another minute, or until the flour is golden and well combined.
4. Add milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. Season with salt and pepper.
5. Once the sauce is thick, remove from heat, add mustard and cheese and mix well until cheese is melted. Add cooked macaroni and broccoli and mix well.
6. Pour into prepared baking dish. Mix breadcrumbs with garlic powder and cheese then sprinkle over pasta mixture. Spray mixture with cooking spray (this helps the breadcrumbs brown).
7. Bake for 15-20 minutes, or until the breadcrumbs are golden.

## VARIATIONS & TIPS

- You may use olive oil instead of butter.
- You may use any kind of whole wheat pasta you prefer.
- For a vegetarian meal, use vegetable broth in place of chicken broth.
- You could use frozen broccoli florets, thawed, in place of fresh.
- You could add additional veggies like carrots or peas to this recipe.
- You could season the breadcrumbs with any of your favorite spices (Italian seasoning, paprika, onion powder, etc.).
- You may freeze leftovers.

## NUTRITION FACTS

356 calories, 13.4 g fat (7.9 g saturated fat), 18 g protein, 44.5 g carbohydrates, 5.4 g fiber, 380 mg sodium

**YIELD:** 8 servings

**SOURCE:** Adapted from Skinnytaste.com

