

# Macaroni & Cheese with Broccoli

**Prep time:** 5 minutes

**Cook time:** 25 minutes

**Makes:** 6 Servings

## Ingredients

**2 cups** uncooked elbow macaroni

**4 tablespoons** flour

**2 cups** milk

**2 cups** cheddar cheese, low-fat shredded

**1/2 teaspoon** pepper

**2 cups** broccoli (cooked and chopped)

## Directions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
7. Stir in the broccoli; heat thoroughly.
8. Taste; add a small amount of salt, if needed.
9. Refrigerate leftovers.