

# Guilt-Free Mac and Cheese

Who says comfort food cannot be good for you, too? This Mac and Cheese recipe is low in calories, high in protein, and lower in fat.

**Cook time:** 35 minutes

**Serves:** 8

## Ingredients:

- 8 oz macaroni-shaped pasta (use chickpea or whole-wheat pasta for more protein and fibre)
- 11/2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour or gluten-free flour
- 1 1/4 cup of 1% or 2% milk
- 3/4 teaspoon of salt
- 1 1/4 cup of grated sharp cheddar cheese (1 3/4 cup if baking)
- 1 cup of cooked and chopped broccoli



## Instructions:

1. Cook pasta according to the instructions on the package and drain.
2. Melt the butter in a saucepan on medium heat until it starts to foam. Add the flour to the butter and start whisking for 1-2 minutes. If the flour starts turning golden brown or coats the pan, lower the heat to medium-low.
3. Pour the milk into the saucepan while whisking the mixture. Cook for another 2-3 minutes, while whisking, or until the sauce thickens.
4. Turn the heat to low. Add the cheese and salt. Whisk for 15-30 seconds, or until the sauce is smooth and creamy. Remove the pot from the heat.
5. Stir the pasta and broccoli into the cheese sauce and gently fold until well combined. Add any additional spices you would like to add and mix. Serve warm!

## Optional:

*After combining the pasta and sauce together, pour the mix into a greased baking dish and bake for 21-23 minutes, or until cheese is golden brown. Remove from the oven and serve!*

## Nutritional Fact (1 cup per serving)

- Calories: 294kcal
- Carbohydrate: 14g
  - Sugar: 2g
  - Fibre: 1g (will be more if the pasta is chickpea or whole-grain)
- Protein: 15g
- Fat: 20g
- Saturated Fat: 11g

Adapted from: <https://maesmenu.com/recipes/healthy-macaroni-and-cheese-baked-or-stovetop/>



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