



Mixed Veggie Mac and Cheese

Serves 16 Child Sized Portions

Preparation time: 5 minutes

Cooking time: 20 minutes

Common allergens: milk, wheat

Equipment List

- Large pot
- Medium pot
- Strainer
- Grater
- Whisk
- Spoon
- Measuring cups

Nutrition Information

Calories	203 calories
Total Fat	5.7 g
Saturated Fat	2.4 g
Sodium	273 mg
Carbohydrate	28 g
Fibre	3 g
Sugar	2.8 g
Protein	12 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Whole wheat macaroni noodles	1 package, 450g	
Non-hydrogenated margarine (or butter)	2 tbsp.	30 mL
All-purpose flour	3 tbsp.	45 mL
Ground black pepper	¼ tsp.	1 ml
Salt	½ tsp.	2 mL
Ground nutmeg	1 pinch	
Low-fat milk (1%)	3 ½ cups	875 mL
Sharp cheddar cheese, grated	1 ½ cups	375 mL
Parmesan cheese, grated	1/3 cup	80 mL
Frozen mixed vegetables (broccoli, carrots, peas, corn)	1 package, 280 g	

Instructions

1. Fill a large saucepot with water and bring to a boil over high heat.
2. Add pasta to boiling water and cook following directions on label.
3. In medium pot, melt margarine over medium heat.
4. With a wire whisk, stir in flour, pepper, nutmeg and salt.
5. Cook one minute, stirring constantly.
6. Slowly whisk in milk.
7. Cook over medium heat until sauce boils and thickens slightly, stirring constantly.
8. Boil one minute, stirring constantly.
9. Remove pot from heat. Stir in cheeses just until melted.
10. Place frozen vegetables in strainer.
11. Drain pasta over vegetables.
12. Return pasta and vegetables into large pot.
13. Stir cheese sauce into vegetables and pasta.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks