



*Welcome! EdGE staff have compiled a list of resources we thought could help our community members through this trying time, and beyond. Learning and fun can happen when you least suspect it!*



## **Stove Top Macaroni & Cheese**

### *Ingredients*

1 small head broccoli  
5 ounces cheddar or Monterey Jack cheese  
1 (16-ounce) package whole wheat macaroni  
1 1/2 cups nonfat milk  
1 1/2 Tablespoons unsalted butter  
2 Tablespoons all-purpose flour

1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
4 Tablespoons light cream cheese

### *Materials*

Box grater \* Colander \* Cutting board \* Fork \* Large pot \* Measuring cups \* Measuring spoons \* Microwave-safe bowl \* Rubber spatula \* sharp knife \* Small pot with lid.

### *Chef's Notes*

- Use any veggies you like. Try using 1 1/2 cups chopped tomatoes, steamed cauliflower, or cooked peas or spinach instead of broccoli.
- For a heartier version, in step 8 add 1 (1/2 ounce) can tuna, packed in water, drained. Or add cubed and cooked chicken pieces.
- For extra flavor add 1/2 teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta like penne or shells instead of macaroni.
- Freeze leftovers for up to 3 months.

*Directions (Kids, have adults help with these steps.)*

- Rinse and chop broccoli
- Grate cheddar or Monterey Jack cheese
- In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender. About 6-8 minutes.
- Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
- In a large pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
- In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
- Slowly add the warm milk. Stir constantly with a rubber spatula until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
- Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli.
- Add macaroni to cheese sauce. Stir to coat.

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