

4-H MACARONI AND CHEESE WITH BROCCOLI

8 oz. Large Shell Pasta
4 cups Broccoli Florets
1 cup Cheez Whiz, 15 oz. jar
½ cup milk
½ tsp. mustard powder
1 cup shredded cheddar cheese, about 4 oz.

Preheat oven to 350 F. Coat 1½ quart baking dish with cooking spray. Cook pasta according to package directions, adding broccoli during last 3 minutes of cooking time; drain. In same pot over medium heat, whisk together Cheez Wiz, milk and mustard powder until smooth and heated through. Stir in Pasta mixture until evenly coated. Transfer to baking dish. Sprinkle with shredded cheese. Bake until cheese is melted and mixture is hot, 10-15 minutes. Cool about 5 minutes before serving.

Servings: 4 Calories: 543 Protein: 26 g. Fat: 25 g. Fiber: 4 g. Kitchen time: 20 minutes Total time: 40 minutes

JB Alexander

Anderson County

Intermediate - Bread & Cereal