



Easy Scratch Macaroni & Trees



Mac and cheese can be a nutritious option when it's loaded with veggies! This recipe features broccoli "trees" packed in the cheesy goodness kids love. This recipe comes to us from our friends at [Birds Eye](#).

Ingredients: (serves 6)

- 1 bag (12 oz.) frozen broccoli florets
- 4 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 2 1/2 cups 2 % milk
- 2 cups reduced-fat shredded cheddar cheese
- 8 oz. whole grain pasta

Instructions:

Together: Cook pasta to your liking.

Adult: Melt butter in medium saucepan and add flour.

Together: Cook, stirring constantly with a wooden spoon, 2 minutes or until starting to brown.

Adult: Slowly whisk in milk and bring to a boil over medium heat, whisking constantly.

Together: Continue cooking, whisking occasionally, 5 minutes or until sauce is thickened.

Kid: With adult supervision, add cheese and cook until melted. Season, if desired, with salt and pepper.

Together: Add macaroni and broccoli florets and heat through.

Food For Thought!

A roux (rue) is a French word that describes a mixture of fat (traditionally butter) and flour. It's generally used to add richness and body to a dish. The addition of the roux in this recipe helps create a smooth and creamy cheese sauce while keeping the recipe light. With a few of the right tricks any dish can be made lighter and taste delicious!



Cooking Tip of the Week

Steam broccoli florets in the microwave rather than boil them to best preserve their nutrients. Place the broccoli in a microwave safe bowl, add a little water in the base of the bowl, and microwave for about 2-4 minutes or until tender.

Conversation Starter

Do you know who's in your family tree?
You may be surprised with who you are connected to from generations past.



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