

Macaroni and Cheese with Broccoli and Cauliflower

Kids will love this one! A bit of broccoli and cauliflower mixed in with the noodles make it easy to check the box of one daily serving of veggies.

Dinner, Dairy,
Low Sodium, Kid
Friendly

Makes 10 servings, serving size $\frac{3}{4}$ cup

Price per serving: \$0.60

Prep Time: 5 minutes | Cook Time: 35 minutes

- 1 lb elbow macaroni
- 16oz frozen broccoli and cauliflower
- 1 cup Greek yogurt
- $\frac{1}{2}$ cup fat free milk
- 2 cups shredded sharp cheddar cheese
- Dash of salt
- 1 tsp pepper
- 1 tsp mustard



Place a large pot of water on the stove and bring to a boil. Cook pasta according to package directions (about 8-10 minutes). Meanwhile, microwave or steam frozen vegetables according to package directions.

Drain pasta and return to cooking pot. Place pot in low heat. Add cooked broccoli and cauliflower. Stir in yogurt, milk, cheese, salt, pepper, and mustard until well combined and cheese is melted.

Can be served from the stovetop or baked in a greased 9x13 baking dish at 375 degrees for 15 minutes until slightly golden brown on top. Optional: sprinkle $\frac{1}{2}$ cup of cheddar cheese over the top before baking.

Nutrition Facts	
Serving Size 230 g	
Amount Per Serving	
Calories 323	Calories from Fat 81
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 26mg	9%
Sodium 188mg	8%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	14%
Sugars 3g	
Protein 16g	
Vitamin A 10%	Vitamin C 27%
Calcium 25%	Iron 12%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Nutrition Facts	
Serving Size 149 g	
Amount Per Serving	
Calories 134	Calories from Fat 72
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 26mg	9%
Sodium 193mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 10g	
Vitamin A 14%	Vitamin C 54%
Calcium 25%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Alternative low-carb option: Nix the noodles and use 16 oz. frozen broccoli and 16 oz. frozen cauliflower instead! 134 calories, 7g carbs, 10g protein, 3g of fiber per serving!