

Common Sense COOKING

Mac and Cheese

4 Tablespoons extra virgin olive oil
1 cup chopped onions (about 1 small)
2 cups chopped broccoli (defrosted, if frozen)
4 Tablespoons white flour
2 cups 1% milk
6 slices American cheese
12 oz. macaroni
1 cup corn flakes (optional)
Salt
Pepper

Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce. Preheat the oven to 350F. Lightly coat a 12x8x2 Pyrex pan/13x9x2 with olive oil.

Heat the olive oil on medium in a large skillet. Add the onion and broccoli. Stir to combine. Cook on medium about 10 minutes or until the vegetables are soft. Stir the mixture while it is cooking.

Sprinkle the flour on the vegetables and stir to coat. Pour in the milk, stir to mix in. Stir gently and continue to cook until the mixture thickens.

Cut the cheese into smaller pieces (about 4-6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts.

Add the cooked macaroni and stir to combine. Pour into the prepared pan. Top with the corn flakes (optional).

Bake until bubbling, about 20-30 minutes. It will take less time if you use the larger pan.

Total Calories for one serving, 1/4 of recipe - 600