

BROCCOLI



HOW TO USE

Add bite-sized broccoli pieces to a hearty soup or scrambled eggs; Broccoli is great for dipping!

HOW TO STORE

Keep it in an open plastic bag in the refrigerator for up to 5 days.

HELPS SUPPORT

Heart health, digestion, immune system, and vision.

STOVETOP MACARONI AND CHEESE

Servings: 8

Preparation Time: 30 Minutes

** Note: You can substitute pre-packaged macaroni and cheese, following the cooking instructions on the package.*

INGREDIENTS

- 1 head broccoli
- 5 ounces cheddar or Monterey jack cheese, shredded
- 1 package whole wheat pasta (16 ounces)
- 1 ½ cups nonfat milk
- 1 ½ tablespoons unsalted butter
- ½ teaspoon salt



Photo: Share Our Strength's Cooking Matters®

INSTRUCTIONS

1. Rinse the broccoli, and then chop it into small pieces.
2. Cook the pasta following the package directions. Once it's cooked, drain it into a colander. In a small pot over medium heat, heat the milk. When it's hot, remove it from the heat.
3. Add all ingredients together in the pot and slowly heat over medium-low heat.
4. Slowly cook the mixture, stirring it constantly, until it becomes creamy and the pasta is fully coated, about 5 minutes.

Adapted from Share Our Strength's Cooking Matters® www.CookingMatters.org