**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

**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*

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**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.

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