



Roasted Vegetable Mac and Cheese



Ingredients



Adapted from *The Comfort of Cooking*

- 1 cup broccoli, chopped
- 1/2 bell pepper, diced
- 1 yellow squash, diced
- 1 1/2 cup carrots, chopped
- 2 cups whole wheat pasta
- 1/4 cup olive oil
- 1 garlic clove, minced
- 3 Tbsp. all-purpose flour
- 1 1/2 cups low-fat milk
- 2 cups shredded cheddar cheese
- 1/2 tsp. crushed red pepper flakes (optional)
- 1/2 tsp. cayenne pepper (optional)
- Salt and pepper, to taste



Directions



Yield: 6 servings **Serving size:** 1 cup

Total cost: \$5.54 **Serving cost:** \$0.92

1. Preheat oven to 400°F, and line a baking sheet with parchment paper. Spread chopped vegetables on sheet. Bake for 20 minutes, or until vegetables have softened.
2. Bring 4 cups of water to boil in a medium sauce pan. Once boiling, add pasta, cook according to package. Drain and set aside.
3. Heat olive oil on a large skillet over medium heat. Once hot, add garlic and cook 30 seconds. Whisk in flour and cook 1 minute. Whisk in milk, stirring constantly until mixture is slightly thickened. Remove from heat.
4. Stir in cheese until well distributed and melted. Add optional red pepper flakes and cayenne pepper. Add salt and pepper, to taste. Stir pasta and roasted vegetables into cheese sauce.

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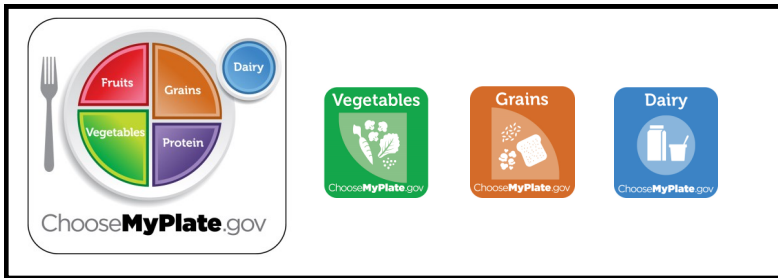
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Fast Facts



Featured Food Groups



Cooking Tips



- Roast whatever veggies you like or have on hand.
- Use a blend of cheese for extra flavor.
- For baked mac and cheese: place into casserole dish, sprinkle bread crumbs on top, and broil for 3-4 minutes until top is golden brown.

Nutrition Facts

6 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9.9g	50%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 310mg	13%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0.8mcg	4%
Calcium 364mg	30%
Iron 2.34mg	15%
Potassium 423mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

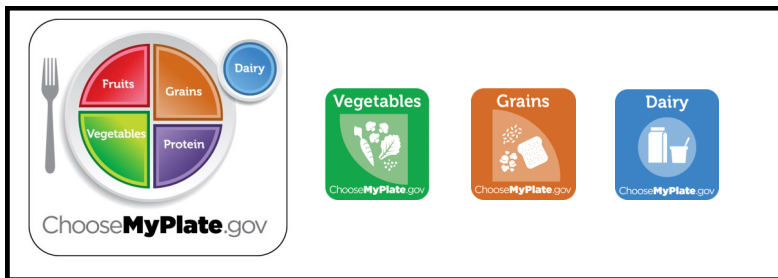
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