

Macaroni & Cheese with Chopped Broccoli

Ingredients

3 cups whole wheat macaroni
3 cups broccoli, chopped
(approx. one head, including stem)
3 Tbsp. extra virgin olive oil
¼ cup butter
2 cups non-fat evaporated milk
2 tsp. garlic powder
1 tsp. mustard powder
2 Tbsp. soy sauce
½ cup aged cheddar cheese, grated
¼ cup whole wheat pastry flour
(pastry flour is more finely milled than regular whole wheat flour)



Directions

In a bowl, combine the broccoli, 3 Tbsp. olive oil and a sprinkle of salt and pepper. Mix well to distribute the oil. Spread on a baking sheet lined with parchment paper and bake at 400F for 12-15 minutes, until the broccoli is golden brown on the edges.

Cook the pasta according to package directions.

While pasta cooks, begin making the cheese sauce. In a medium saucepan, melt the butter add the flour and stir to make a smooth paste. Add the garlic and mustard powders, soy sauce and milk.

Cook at low to medium heat and whisk until powders have dissolved. Pour in the remaining milk and continue to stir for a couple of minutes, until the sauce becomes thicker. Stir until sauce is smooth. Mix in cheddar cheese and stir until melted and well combined.

Drain the cooked pasta and add the cheese sauce immediately. Toss in the broccoli and stir to combine. Serve warm.