

## Homemade Mac & Cheese

Makes 6 servings

### Ingredients:

3 tablespoons butter

3 tablespoons all-purpose flour

2 cups low-fat milk

1 teaspoon dry mustard

1/8 teaspoon onion powder

dash cayenne pepper (optional)

Salt and pepper (to taste)

½ pound whole wheat pasta (such as elbows, penne, fusilli), uncooked

1 ½ cups shredded low-fat sharp cheddar cheese

½ cup grated Parmesan cheese

### Directions:

1. Preheat oven to 350°F.
2. Cook pasta according to package directions.
3. Meanwhile, in a heavy saucepan, melt butter over medium heat. Add flour and cook, whisking constantly about 3 to 4 minutes.
4. Add milk slowly while whisking and bring to a boil, stirring constantly.
5. Add mustard, onion powder, cayenne, salt and pepper and simmer, stirring occasionally until thickened, about 5 minutes.  
Remove from heat and stir in both cheeses until melted.
6. In an oven-safe dish, combine cooked pasta and cheese sauce. Cover dish lightly with foil and back 15 minutes or until bubbly. Serve.

Nutrient analysis per serving: Calories 310, Protein 18 grams, Carbohydrates 35 grams, Fat 11 grams, Sodium 410 milligrams, Fiber 3 grams



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## **Pasta with Tomatoes and Chickpeas**

Makes 8 servings

### Ingredients:

1 pound ripe, fresh tomatoes, finely chopped

1 garlic clove, minced

Salt and pepper (to taste)

1 teaspoon balsamic vinegar (optional)

1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)

2 tablespoons olive oil

1 (15-ounce) can chickpeas, drained and rinsed

1 pound whole wheat pasta (any shape), uncooked

1/4 cup shredded cheese (try cheddar, Monterey Jack, parmesan or feta)

### Directions:

1. Combine tomatoes, garlic, salt, pepper, balsamic vinegar, basil, and olive oil in a medium bowl. Let sit for 15 minutes.
2. Stir in chick peas.
3. Meanwhile, bring a large pot of water to a rolling boil. Add a generous amount of salt and the pasta. Cook al dente, until the pasta is firm to the bite. Drain.
4. Toss with pasta with chickpea sauce, sprinkle on cheese, and serve.

Make ahead: You can make the sauce a few hours ahead of serving.

Nutrient analysis per serving: Calories 300, Protein 12 grams, Carbohydrates 52 grams, Fat 6 grams, Sodium 240milligrams, Fiber 7 grams



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## Chicken Broccoli Alfredo

Makes 6 servings

### Ingredients:

#### *Alfredo sauce:*

3 tablespoons butter (or olive oil)

3 tablespoons all-purpose flour

2 cups low-fat milk

1 no-sodium chicken bouillon cube

½ cup grated parmesan cheese

1 pound whole wheat fettuccine noodles (or other shape), cooked according to package directions

1 tablespoon olive oil

2 cups chicken, chopped

1 cup chopped broccoli, fresh or frozen

1 cup sliced mushrooms

½ cup grated parmesan cheese

Salt and pepper (to taste)

### Directions:

1. Prepare Alfredo sauce – melt butter in saucepan. Add flour and blend together. Slowly add milk, stirring until well blended. Add bouillon cube. Stir over low heat until sauce thickens, about 5 minutes. Remove from heat and stir in cheese. Set aside.
2. Heat oil in large skillet. Add chicken, broccoli and mushrooms. Stir and cook until chicken is no longer pink, about 5 to 7 minutes. Add a small amount of water if skillet becomes dry.
3. Add cooked noodles and Alfredo sauce to skillet. Stir until pasta is well coated.
4. Sprinkle with parmesan cheese, salt and pepper. Serve hot.

Nutrient analysis per serving: Calories 330, Protein 17 grams, Carbohydrates 48 grams, Fat 9 grams, Sodium 180 milligrams, Fiber 8 grams



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