



EATING SMART  
BEING ACTIVE

## Skillet Mac and Cheese

Makes: 12 servings (½ cup per serving)

Preparation Time: 5 minutes

Cooking Time: 25 minutes

### Ingredients

3 tablespoons butter

½ large onion, chopped

3 cups finely chopped fresh spinach or ¾ cup frozen chopped spinach (thawed and squeezed dry)

2 tablespoons all-purpose flour

3 ½ cups milk

¾ cup water

2 ½ cups uncooked elbow macaroni

8 ounces cheddar cheese, shredded (2 cups shredded)

### Directions

1. Wash hands with soap and water.
2. If using fresh spinach, wash under cold running water.
3. Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
4. Melt the butter in a large skillet over medium heat.
5. Add onion and cook for 2 minutes. Add spinach and cook for 2 minutes or until wilted.
6. Add the flour, and cook for 1 minute, stirring constantly.
7. Add the milk and water, stirring frequently. Bring the mixture to a low boil and then reduce heat.
8. Add the uncooked macaroni. If the macaroni is not completely covered by liquid, add additional water to bring the level of the water just over the macaroni.
9. Cover and simmer, over low heat, for 8 to 9 minutes, stirring occasionally. The mixture will thicken as it simmers.
10. Once the macaroni is tender, remove from the heat.
11. Add the shredded cheese, and stir to combine. Cover and let sit for 5 minutes before serving.
12. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Try whole wheat pasta. Substitute or add other veggies like peas or carrots.

### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1/2 Cup (145g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 1mcg	4%
Calcium 234mg	20%
Iron 1mg	6%
Potassium 176mg	4%

\*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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