

Eat
Well



MAC & CHEESE WITH A VEGGIE TWIST

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a family favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.

Prep
Time **20**
min

Cook
Time **20**
min

Makes 4
Servings

- 375 mL (1 1/2 cups) whole wheat macaroni or fusilli
- 10 mL (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 mL (1/2 cup) finely chopped red bell pepper
- 125 mL (1/2 cup) grated zucchini
- 30 mL (2 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 250 mL (1 cup) shredded light old Cheddar cheese
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground pepper

NUTRIENTS PER SERVING % DV

Calories	322	-
Fat	8 g	13 %
Saturated + Trans	4 g 0 g	20 % -
Cholesterol	19 mg	-
Sodium	334 mg	14 %
Carbohydrate	45 g	15 %
Fibre	4 g	18 %
Sugars	10 g	-
Protein	20 g	-
Vitamin A	-	50 %
Vitamin C	-	58 %
Calcium	-	42 %
Iron	-	13 %

1. In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.

2. In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

TIPS

- What kid doesn't love mac and cheese? Ask your little chef to help grate the cheese using a box grater.
- Make it yours. Personalize this recipe by switching up the cheese.
- Here's how you can use frozen vegetables in this recipe. Leave out the carrots, red pepper and zucchini and substitute 500 mL (2 cups) diced, mixed frozen vegetables in the sauce.
- Ask your kids to choose what pasta shape they want to use. There are lots to choose from, like penne, scoobi doo, shells and wagon wheels.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.