

# Baked Vegetable Macaroni and Cheese

1 (10 ounces) package frozen chopped broccoli  
1 (8 ounces) package uncooked macaroni  
1 onion  
2 cloves garlic  
Nonstick cooking spray  
1/3 cup all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 1/2 cups fat free milk  
1/2 cup shredded extra sharp reduced fat cheddar cheese  
1/4 cup grated parmesan cheese  
Paprika (optional)

**Makes 6 portions, 1 cup each**

Per portion

Calories: 271  
Carbohydrate: 43 grams  
Protein: 4 grams  
Fat: 4 grams  
Saturated fat: 2 grams  
Cholesterol: 12 milligrams  
Sodium: 415 milligrams  
Dietary fiber: 3 grams

1. Thaw and drain broccoli.
2. In large pot of boiling water, cook macaroni according to package directions. Do not add salt to the water. Drain and set aside.
3. Preheat oven to 350°.
4. Chop onion and mince garlic.
5. Place nonstick skillet over medium heat and coat with cooking spray. Add onion and garlic. Cook until onion is clear.
6. Add broccoli. Cook until tender, about 5 minutes.
7. In medium size saucepan, combine flour, salt, and pepper. Gradually add milk, stirring until smooth. Cook over medium heat, stirring constantly, until mixture is thick and bubbly.
8. Add half of both cheeses to milk mixture, stirring until smooth. Stir in macaroni and vegetable mixture.
9. Coat 2 quart casserole dish with cooking spray and pour macaroni mixture in dish.
10. Sprinkle with remaining cheeses. Sprinkle with paprika.
11. Bake at 350° for 30 minutes.