

HEALTHY MAC & CHEESE



INGREDIENTS

2 cups elbow macaroni pasta
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1 ½ cups milk
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1 ½ cups cheddar cheese, shredded
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1 Tbsp butter
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1 Tbsp all-purpose flour
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¼ tsp salt
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¼ tsp black pepper
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DIRECTIONS

1. Heat oven to 375° F. Cook pasta according to package directions, drain.
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While pasta is cooking, prepare cheese sauce.
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2. In a saucepan, melt butter over medium heat. Stir in flour and cook
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1 minute. Whisk in milk slowly and cook until slightly thickened.
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3. Add in cheese, salt and pepper, and stir until melted.
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4. Combine cheese sauce with pasta and pour in baking dish. Bake 15-20
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minutes until golden brown crust forms on edges. Serve immediately.
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