

# Mac n Cheese *with broccoli*

SERVINGS	8
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TIME	1 hour
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## INGREDIENTS

- 4 cups broccoli (a large head of broccoli)
- 16 ounces uncooked elbow or other small shaped pasta
- 4 tablespoons butter
- 4 tablespoons flour
- ½ teaspoon dry mustard powder
- ½ teaspoon salt
- 2 cups milk
- 2 eggs, beaten with a fork
- 2 cups grated cheese (½ cup parmesan, ¾ cup shredded cheddar cheese, and ¾ cup fontina)

## EQUIPMENT

- 13x9 disposable pan + foil
- Large pot with lid
- Saucepan
- Cheese grater
- Cutting board and knife
- Spatulas and whisk
- Measuring cups and spoons

## DIRECTIONS

- Wash your hands!
- Pre-heat oven to 350°F.
- Cut broccoli into small bite size pieces.
- Bring a pot of water to boil with the lid on.
- Add broccoli and cook in boiling water for 4 minutes. Remove with a slotted spoon.
- While broccoli is cooking, grate and measure cheese.
- Add 2 teaspoons of salt to boiling water and add pasta. (The water may be a bit green, but that's OK!) Cook until almost done, about 1-2 minutes less than the time on the package (it will finish cooking in the oven).
- While pasta is cooking, melt butter in a small saucepan on medium heat. Once melted, whisk in flour. Continue to whisk for 1-2 minutes. Pour in dry mustard, salt, and milk and whisk or stir for another 3-4 minutes. Remove from heat and carefully pour mixture into a large mixing bowl.
- To the milk mixture, add egg and cheese and stir until all of the cheese is melted.
- Add pasta and stir mixture with a spatula until all of the noodles are coated. Add broccoli and stir again.
- Scoop mixture into the 13x9 pan. Bake for 15 minutes to set the mixture.
- Remove from oven and cool completely.
- Cover tightly with foil. Tape information sheet to the top.

## TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have the kids help make the sauce.
- Grate your own cheese to avoid extra ingredients found in pre-shredded cheese.
- Let the kids do all of the stirring to combine.

