

Broccoli Mac n Cheese

INGREDIENTS

- 1/2 cup frozen broccoli, thawed and chopped
- 1/2 cup uncooked macaroni
- 1/3 cup water
- 1/4 teaspoon low-fat milk
- 2/3 cup low-fat shredded cheddar cheese
- Salt and pepper, to taste

TIME: 5 MINUTES
SERVINGS: 1



Adapted from: thealmondeater.com



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PROCEDURE

1. In a microwave safe bowl, add pasta, broccoli, and water.
Stir together
2. Place bowl in microwave for 3 minutes
3. Remove bowl from microwave and stir in milk and cheese
4. Place back in microwave for 45 seconds
5. Stir everything together and let stand for 1 minute before serving
6. Season with salt and pepper to taste

Note: if the pasta is not fully cooked, place back in microwave for 15 second intervals until cooked



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