



A Nutrition Resource

SKILLET MAC AND CHEESE

Yield: 12 Servings | **Serving Size:** 1/2 cup

Cost/Serving: \$0.38

Ingredients:

- 3 Tablespoons butter
- 1/2 large onion, chopped
- 3 cups finely chopped fresh spinach or 3/4 cup frozen chopped spinach (thawed and squeezed dry)
- 2 Tablespoons all-purpose flour
- 3 cups milk
- 1/2 cup water
- 2 1/2 cups uncooked elbow macaroni
- 8 ounces (2 cups) shredded cheddar cheese

Directions:

- 1) Wash the spinach (if using fresh spinach).
- 2) Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
- 3) Melt the butter in a large skillet over medium heat.
- 4) Add the onion and cook for another 2 minutes. Add the spinach and cook for 2 minutes or until wilted.
- 5) Add the flour and cook for 1 minute, stirring occasionally.
- 6) Add the milk and water, stirring frequently. Bring the mixture to a simmer.
- 7) Add the uncooked macaroni. If the macaroni is not completely covered by liquid, add additional water to bring the level of the water just over the macaroni.
- 8) Cover and simmer over low heat, for 8 to 9 minutes, stirring occasionally. The mixture will thicken as it simmers.
- 9) Once the macaroni is tender, remove from the heat.

Nutrition Facts

12 servings per container

Serving size 1/2 Cup (121g)

Amount Per Serving
Calories **230**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 1mcg	4%
Calcium 229mg	20%
Iron 1mg	6%
Potassium 205mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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EXTENSION



- 10) Add the shredded cheese and stir to combine. Cover and let sit for 5 minutes before serving.
- 11) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try using whole wheat pasta. Substitute other veggies like peas or carrots for spinach.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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