

Whole Wheat Mac'n Cheese

Ingredients

Whole wheat elbow macaroni, dry	8 cups	2 L
Milk, 1 % M.F.	8 cups	2 L
Flour, whole wheat	1 cup	250 mL
Black pepper, ground	1 tsp	5 mL
Soft non-hydrogenated margarine	¼ cup	60 mL
Cheddar cheese, 20% M.F., shredded	3 cups	750 mL
Tomatoes, canned or fresh, cut up	5 cups	1.25 L
Onion, small, chopped	4 each	4 each
Bread crumbs, whole wheat	1 cup	250 mL

Directions

1. Preheat oven to 375°F (190°C).
2. Fill a large saucepan with water and bring to a boil on high heat.
3. Add macaroni and cook until almost soft; slightly undercook. Drain water and rinse macaroni in a colander under cold running water; drain well.
4. In a large saucepan add milk, flour, pepper and margarine. Cook over medium heat whisking constantly until mixture bubbles and becomes thick.
5. Remove from heat and add cheese, tomatoes and onions. Stir in cooked macaroni. Put into four 3.5 L (3 quart) casserole dishes and sprinkle bread crumbs on top.
6. Bake for 30 minutes or until bubbly and slightly brown on top. Cool for five minutes.
7. Portion ½ cup (125 mL) onto serving dish.

Makes 50 ½ cup (125 mL) servings.

Nutrition Facts	
Per ½ cup (125 mL)	
Amount	% Daily Value
Calories 120	
Fat 2 g	3 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 5 mg	
Sodium 85 mg	2 %
Carbohydrate 19 g	6 %
Fibre 2 g	8 %
Sugars 3 g	
Protein 6 g	
Vitamin A 20 %	Vitamin C 125 %
Calcium 25 %	Iron 6 %

Nutrient Claim	Amount per Serving
Low in fat	2.5 mg
Low in sodium	105 mg
Source of fibre	2 g
Source of calcium	129 mg
Source of iron	0.9 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	1
Milk and Alternatives	½
Meat and Alternatives	0

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed dish)



Recipe Tips

- Make sure the macaroni is not overcooked in step 1. It will continue to cook and absorb liquid while baking in the oven.
- Try seasoning this recipe with 1 Tbsp (15 mL) of paprika for a different flavour.
- Choose aged cheddar for a stronger flavour, or for variety try mozzarella, gruyere, provolone, or a mixture.