

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.