

TOXIC WASTE MAC & CHEESE

Traffic light category: **Green**

Serves: 12-18

**THE PERFECT ADDITION TO
THE CANTEEN FOR HALLOWEEN!**

Ingredients

- 400g elbow pasta or macaroni
- 50g polyunsaturated margarine
- 2 tablespoons plain flour
- 2 cups reduced fat milk
- 2 cups grated reduced fat cheddar cheese
- 2 cups broccoli, cut into small florets, steamed
- 5 drops green food colouring - add extra until desired colour is reached

Method

1. Boil pasta for 10 minutes or until al dente, drain well
2. Melt margarine in a large saucepan, add flour, cook stirring for 1 minute over medium-low heat
3. Gradually add milk, stirring until smooth. Stir gently until the mixture comes to the boil, reduce heat and simmer for 2 minutes
4. Remove from heat, add grated cheese and stir until melted and smooth
5. Add food colouring a drop at a time until desired colour is reached
6. Pour sauce over pasta and then add broccoli, stir until combined
7. Spoon mixture into serving containers.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1447kJ	713kJ
Protein	19g	9.5g
Total fat	10.9g	5.4g
Saturated fat	5.8g	2.8g
Carbohydrate	40g	19g
Sugars	3.9g	1.9g
Dietary fibre	3.1g	1.5g
Sodium	225mg	114mg



Source: adapted from Taste.com