Macaroni & Cheese Casserole Cups
Makes 10 Servings

1. In a medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens.

2. Add 1 cup of the cheddar, mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well.

3. Stir in one, or more, vegetable(s) of your choice.

4. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved ½ cup shredded cheddar. Bake in 350° oven for 15 minutes or until golden brown. Let cool for 5 minutes before serving.

Vegetable choices:
1/2 cup red pepper, chopped
1 cup spinach, chopped
2 cups steamed broccoli, chopped

Nutrition Facts
Serv. size: 1/10 of recipe (145g)
Servings: 10
Calories: 240
Fat Cal.: 90

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<thead>
<tr>
<th>Amount/Serving</th>
<th>%DV*</th>
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<tbody>
<tr>
<td>Total Fat 10g</td>
<td>15%</td>
<td>Total Carb. 24g</td>
<td>8%</td>
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<tr>
<td>Sat. Fat 6g</td>
<td>29%</td>
<td>Fiber less than 1g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
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<tr>
<td>Sodium 238mg</td>
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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Calculated with added broccoli

This material was funded, in part, by USDA’s Basic Food Program through Public Health–Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.

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