

Recipes

Classic Macaroni and Cheese

Serves 8

Ingredients

- 1 pound whole-wheat elbow noodles (4 cups)
- 1¾ cups reduced-fat milk, divided
- 3 tablespoons all-purpose flour
- 2 tablespoons butter
- 2 cups shredded extra-sharp Cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon ground pepper, or to taste



Photo courtesy of <http://www.eatingwell.com/recipe/266988/classic-mac-cheese/>

How to Make It

1. Put a large pot of water on to boil. Cook pasta according to package directions. Drain.
2. Meanwhile, heat 1½ cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk the remaining ¼ cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Add butter and whisk until melted. Remove from heat and stir in Cheddar until melted. Stir in salt and pepper. Add the drained pasta and stir to combine.

Nutrition Information

- Serving size: 1 cup
- Per serving: 408 calories; 16 g fat(8 g sat); 6 g fiber; 52 g carbohydrates; 18 g protein; 51 mcg folate; 40 mg cholesterol; 4 g sugars; 0 g added sugars; 548 IU vitamin A; 0 mg vitamin C; 286 mg calcium; 3 mg iron; 362 mg sodium; 250 mg potassium
- Nutrition Bonus: Calcium (29% daily value)
- Carbohydrate Servings: 3½
- Exchanges: 3½ starch, 1 high-fat protein, ½ fat

Recipes

Maple Roasted Sweet Potatoes

Serves 8

Ingredients

- 2½ pounds sweet potatoes, peeled and cut into 1½-inch pieces (about 8 cups)
- ⅓ cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste



Photo courtesy of <http://www.eatingwell.com/recipe/252258/maple-roasted-sweet-potatoes/>

How to Make It

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.
4. **Make Ahead Tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Nutrition Information

- Serving size: about ½ cup
- Per serving: 92 calories; 2 g fat(1 g sat); 2 g fiber; 18 g carbohydrates; 1 g protein; 4 mcg folate; 5mg cholesterol; 9 g sugars; 5 g added sugars; 11,108 IU vitamin A; 12 mg vitamin C; 32 mg calcium; 0 mg iron; 119 mg sodium; 294 mg potassium
- Nutrition Bonus: Vitamin A (222% daily value), Vitamin C (20% dv)
- Carbohydrate Servings: 1
- Exchanges: 1½ starch, ½ fat