



Macaroni and Cheese



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

- 3 Tbsp Gia Russa whole grain plain breadcrumbs
- 1 tsp extra-virgin olive oil
- ¼ tsp paprika
- 1 – 16 oz package frozen spinach
- 4 cups (10 ½ ounces) Bionaturae 100% whole wheat chiocciolo (pasta shells)
- 4 Tbsp nonfat dry milk
- 2 Tbsp all-purpose flour
- 1 Tbsp Land 'O Lakes light butter, melted
- 1 ¼ cups boiling water
- 2 ½ cups (10 ounces) shredded American cheese (found at deli counter)
- ¼ tsp kosher salt

NUTRITIONALS

Nutritional analysis per serving:
 calories 410, calories from fat 160,
 total fat 18g, saturated fat 10g,
 cholesterol 45mg, sodium 890mg,
 total carbohydrate 45g, dietary
 fiber 7g, sugars 2g, protein 22g,
 vitamin A 190%, vitamin C 30%,
 calcium 45%, iron 20%

Tips: If you have white pasta, try mixing ½ and ½ to get more nutrition and some great taste! Prepare through step 5. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix breadcrumbs, oil and paprika in a small bowl. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.
3. Cook macaroni 1 to 2 minutes less than package directions so pasta is soft but not mushy. Drain.
4. In a large mixing bowl, combine dry milk, flour and butter. Whisking constantly, gradually add in boiling water. Add 1 cup of cheese and continue whisking until smooth and creamy, about 2 to 3 minutes. Fold in macaroni, 1 ½ more cups of cheese, and salt.
5. Transfer to a lightly greased 11x7-inch casserole dish by spreading half the mixture in the baking dish, spooning the spinach on top and adding the remaining pasta. Sprinkle with the breadcrumb mixture before covering with foil.
6. Bake 25 to 30 minutes or until sauce in center of casserole is thick and creamy.

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FOLD

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Shopping List

DAIRY:

- Land 'O Lakes light butter
- 2 ½ cups (10 oz) shredded American cheese (found at the deli counter)

WHOLE GRAINS/ BREADS/PASTA:

- Bionaturae 100% whole wheat chiocciolo (medium pasta shells)

SPICES/SEASONINGS:

- Paprika
- Salt

GROCERY/FROZEN/ MISCELLANEOUS:

- Gia Russa whole grain plain breadcrumbs
- Extra-virgin olive oil
- 1-16 oz package frozen spinach
- Nonfat dry milk
- All-purpose flour