



Recipe of the Month - March 2018

Homemade Mac and Cheese

Serves 6

Serving Size: 2/3 cup

Cost per Serving: \$0.86

Ingredients:

- 3 cups dry whole wheat pasta
- 2 cups fresh spinach, chopped
- 1 1/2 cups shredded cheese (cheddar, Parmesan, Swiss)
- 1 container (5.3 ounce) plain Greek yogurt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder



Make MyPlate Your Plate

Directions:

1. Cook pasta according to package directions. Save 1/2 cup of the cooking water.
2. Place spinach in the bottom of a colander. Pour the pasta and remaining water over the spinach.
3. Add pasta and spinach back to the pot. Add cheese and reserved pasta water. Stir until cheese is melted. Remove pan from heat.
4. Add yogurt, onion powder, and garlic powder. Stir until even and creamy.

NUTRITION FACTS PER SERVING: 270 calories, 10g total fat (5 g sat. fat), 30mg cholesterol, 210mg sodium, 30g carbohydrates, 0g fiber, 2g sugar, 14g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*