



EATING SMART
BEING ACTIVE

Skillet Mac and Cheese

Makes: 12 servings (½ cup per serving)

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Ingredients

3 tablespoons butter

½ large onion, chopped

3 cups finely chopped fresh spinach or ¾ cup frozen chopped spinach (thawed and squeezed dry)

2 tablespoons all-purpose flour

3 ½ cups milk*

¾ cup water*

2 ½ cups uncooked elbow macaroni

8 ounces cheddar cheese, shredded (2 cups shredded)

Directions

1. Wash the spinach (if using fresh spinach).
2. Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
3. Melt the butter in a large skillet over medium heat.
4. Add the onion, and cook for another 2 minutes. Add the spinach, and cook for 2 minutes or until wilted.
5. Add the flour, and cook for 1 minute, stirring constantly.
6. Add the milk and water, stirring frequently. Bring the mixture to a low boil and then reduce heat.
7. Add the uncooked macaroni. If the macaroni is not completely covered by liquid, add additional water to bring the level of the water just over the macaroni.
8. Cover and simmer, over low heat, for 8 to 9 minutes, stirring occasionally. The mixture will thicken as it simmers.
9. Once the macaroni is tender, remove from the heat.
10. Add the shredded cheese, and stir to combine. Cover and let sit for 5 minutes before serving.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

***At elevations of 3,000 feet and above:** use 3 cups of milk and ½ cup of water instead of the amounts listed above.

Be creative! Try using whole wheat pasta. Substitute other veggies like peas or carrots for spinach.

Nutrition Facts	
12 servings per container	
Serving size	1/2 Cup (145g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 190mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 1mcg	4%
Calcium 234mg	20%
Iron 1mg	6%
Potassium 176mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP

COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Build Strong Bones