

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Macaroni and Cheese**

**Servings 4**

**Homemade mac and cheese tastes so much better than the boxed stuff – and this recipe contains 2/3 less sodium!**

**Ingredients:**

2 cups whole grain pasta  
1 ½ tablespoon butter or oil  
2 tablespoons flour  
2 cups 1% **or** skim milk  
1/8 teaspoon onion powder  
1/8 teaspoon garlic powder  
4 ounces (1 cup) shredded cheese – cheddar, Gouda or American  
¼ cup parmesan

**Directions:**

1. Cook pasta according to package directions.
2. In the meantime prepare the cheese sauce. Melt the butter in a medium sauce pot. Whisk in the flour and cook on low heat for 3-4 minutes, until it has a nutty aroma. Whisk in the milk and stir until well combined. Add the onion and garlic powder and simmer for 20 minutes, until it thickens.
3. Remove from heat and stir in cheeses. Add to cooked pasta and serve.

**Nutritional Information per 1½ cup serving:**

Calories: 369	Carbohydrates: 48g
Total Fat: 11g	Cholesterol: 33mg
Saturated Fat: 6 g	Dietary Fiber: 4g
Protein: 21g	Sodium: 336mg