



# California Medley Mac & Cheese

Cook Time: 0 minutes | Prep Time: 5 minutes



## NUTRITIONAL INFORMATION

8 SERVINGS  
APPROXIMATELY 1 CUP/SERVING  
133 CALORIES  
5 G FAT 2 G SATURATED  
10 GM CARB 2 G FIBER  
10 G PROTEIN 375 MG SODIUM

## INGREDIENTS:

- 12 OZ CALIFORNIA MEDLEY FRESH OR FROZEN
- 8 OZ WHOLE WHEAT MACARONI
- 5 OZ LOW FAT CHEDDAR CHEESE + 3 OZ LOW FAT CHEDDAR CHEESE
- 1 ½ CUPS WARM PLANT MILK
- 1 ½ TBSP OLIVE OIL
- 1 ½ TBSP WHOLE WHEAT FLOUR
- ¼ TSP SALT OR LOW SODIUM SEASONING
- ¼ TSP BLACK PEPPER
- 4 TBSP LOW FAT COTTAGE CHEESE
- ¼ GRATED PARMESAN



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## INSTRUCTIONS:

1. POSITION THE OVEN RACK TO THE MIDDLE OF THE OVEN. PREHEAT OVEN TO 425 DEGREES.
2. COOK PASTA ACCORDING TO PASTA INSTRUCTIONS.
3. DEFROST AND DRAIN CALIFORNIA MEDLEY IF USING FROZEN. IF USING FRESH, ADD TO POT WITH JUST ENOUGH WATER TO COVER HALF WAY. STEAM FOR 6 MINUTES OR UNTIL BROCCOLI IS BRIGHT GREEN AND TENDER.
4. HEAT MILK IN POT OVER MEDIUM HEAT. REMOVE FROM HEAT ONCE HOT.
5. IN A SMALL POT, OVER MEDIUM HEAT, ADD OLIVE OIL. WHISK FLOUR, STIRRING CONSTANTLY.
6. SLOWLY ADD WARM MILK, AND WHISK CONSTANTLY UNTIL SAUCE THICKENS. SHOULD BE THICK ENOUGH TO COAT A SPOON.
7. STIR IN SALT AND PEPPER. ADD RICOTTA,
8. GRATE CHEDDAR CHEESE.
9. IN A MEDIUM POT, ADD CALIFORNIA MEDLEY AND JUST ENOUGH WATER TO COVER  $\frac{1}{4}$  OF THE MEDLEY. HEAT MEDIUM HEAT UNTIL BRIGHT AND TENDER, ABOUT 6-8 MINUTES.



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10. COOK PASTA FOLLOWING PACKAGE DIRECTIONS. DRAIN IN A COLANDER AND SET ASIDE. WHILE PASTA IS COOKING, MAKE CHEESE SAUCE.
11. IN A SMALL POT OVER MEDIUM HEAT, HEAT MILK. WHEN HOT, REMOVE FROM HEAT. COVER TO KEEP WARM.
12. IN A LARGE POT OVER MEDIUM HEAT, WARM OLIVE OIL. ADD FLOUR. WHISK WITH A FORK, STIRRING CONSTANTLY.
13. ONCE IT TURNS BROWN, SLOWLY ADD THE WARM MILK. STIR CONSTANTLY WITH A RUBBER SPATULA, UNTIL SAUCE THICKENS. SAUCE SHOULD BE THICK ENOUGH TO COAT THE BACK OF A SPOON. TURN OFF THE HEAT.
14. STIR IN SALT AND BLACK PEPPER. ADD COTTAGE CHEESE, 5 OZ. LOW FAT CHEDDAR CHEESE, AND GRATED CHEESE UNTIL CHEESE IS MELTED.
15. ADD NOODLES. STIR TO COAT.
16. ADD CALIFORNIA MEDLEY. STIR UNTIL COMBINED.
17. POUR INTO AN 9X13 INCH PAN. SPRINKLE REMAINING 3 OZ. LOW FAT CHEDDAR CHEESE ON TOP.



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