



## Rainbow Mac & Cheese

SERVES 4

Pillar of Nutrition: Eat the Rainbow

- 2 cups **pasta**, cooked (whole grain)

### Sauce

- 2 tablespoons **butter**
- 2 tablespoons **all-purpose flour**
- ¼ teaspoon Salt
- 1-2 t Garlic powder
- 1 cup milk
- ¼ cup plain yogurt
- 2 cups cheddar cheese, grated

### Vegetable Mix

- 2 -3 cups broccoli or spinach -chopped
- ½ cup yellow bell pepper, chopped
- ½ c cherry tomatoes, halved

### Directions

#### Macaroni:

1. Cook the **pasta** according to the package directions. Drain it and set aside.
2. Chop the **broccoli, spinach, bell pepper** and **cherry tomatoes**. **Set aside.**

#### Sauce:

3. Melt the **butter** in a pot over medium heat, just until it starts to look foamy.
4. Add the **flour** to the butter and whisk for 1 to 2 minutes until smooth.
5. Pour the **milk** and **yogurt** into the pot, and continue whisking.
6. Keep whisking the mixture over heat for another 2-3 minutes or until the sauce thickens up.
7. Turn the heat down to low.
8. Add the grated **cheese**, the minced **garlic**, and **salt**. Whisk for 15-30 seconds, or until the cheese is fully melted into the sauce.
9. Add the **broccoli, spinach, bell pepper** and **tomatoes** and cook for 2-3 minutes, stirring slightly.
10. Mix the drained **pasta** into the cheese sauce, gently folding it until all the pasta is covered in the sauce.