

spinach macaroni & cheese

Ingredients

- 8 oz elbow macaroni, whole grain
- 2 cups spinach, torn into small pieces
- 1 1/2 cups milk, 2%
- 2 Tbsp all-purpose flour
- 1 tsp fresh thyme, chopped
- 1 tsp onion powder
- 2 tsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp unsalted butter
- 1 cup reduced-fat cheddar cheese, shredded

Instructions

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. Combine milk, flour, thyme, onion powder and Dijon mustard in a medium bowl, stirring with a whisk until smooth.
3. Heat a large skillet over medium-high heat.
4. Add butter to pan and swirl until butter melts. Add in torn spinach and cook for 1 minute.
5. Add milk mixture to pan; bring to a boil. Cook 1 minute, stirring frequently. Stir in cheese. Add pasta mixture to pan, stirring to coat.
6. Enjoy!

