

Mac and Cheese for Grown Ups

Ingredients:

- 1 lb. whole wheat penne pasta
- 4 ¼ tbsp. extra virgin olive oil
- 4 ¼ lb. fresh spinach, chopped
- ½ cup all purpose flour
- 3 ¼ cup non-fat milk
- ½ cup parmesan cheese, grated
- 1 ½ tbsp. parmesan cheese, grated
- 4 each garlic cloves, minced
- ½ tsp. nutmeg
- ¼ tsp. salt



Nutrition Facts

Serving Size 1 1/2 cup (340g)
 Servings Per Container

Amount Per Serving

Calories 350	Calories from Fat 90
<small>% Daily Value*</small>	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 50g	17%
Dietary Fiber 9g	36%
Sugars 6g	
Protein 17g	

Vitamin A 370% • Vitamin C 90%
 Calcium 45% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Coat 11x9 inch baking dish with cooking spray.
3. Cook penne according to package, drain and set aside.
4. Heat oil in large saucepan over medium heat. Whisk in flour and cook 2 minutes, stirring constantly.
5. Add milk whisking constantly, cook 5 minutes or until thick.
6. Remove from heat, then add penne, ½ cup Parmesan, garlic and nutmeg to sauce and stir until well coated.
7. Transfer to baking dish, sprinkle remaining parmesan over top.
8. Mix in fresh chopped spinach and bake 45 minutes to 1 hour.