



Grow With Me Food Recipes



Recipe Name: **Mac and Cheese Surprise**

Ingredients

Procedure

(Stovetop)

Take 3 cups of water with 1 teaspoon of salt $\frac{1}{4}$ cup of carrots and $\frac{1}{4}$ cup of cauliflower and bring to a rolling boil. Add pasta (I like Elbow Omega 3 pasta) let cook for 7-10 minutes until pasta is tender. Fish out Carrots and Cauliflower mash with fork or puree in blender. Make sure the consistency is very fine without lumps. In a separate sauce pan add 1 cup of milk, 1 teaspoon of butter, 1 table spoon of pasta water, 4 slices of cheddar and the puree of vegetables. Keep stirring until warm and cheese is melted. Finally drain the pasta and add to cheese sauce. A complete yummy and healthy lunch or dinner for your family
