

Macaroni and Cheese

Serves 2 - 3.

Nutrition Facts	
Serving Size 277 g	
Amount Per Serving	
Calories 592	Calories from Fat 298
% Daily Value*	
Total Fat 33.2g	51%
Saturated Fat 16.2g	81%
Trans Fat 0.0g	
Cholesterol 75mg	25%
Sodium 558mg	23%
Total Carbohydrates 46.3g	15%
Dietary Fiber 1.6g	6%
Sugars 9.3g	
Protein 26.6g	
Vitamin A 26%	
Vitamin C 1%	
Calcium 63%	
Iron 12%	
Nutrition Grade C+	
* Based on a 2000 calorie diet	

Ingredients:

250 ml Small pasta

25 ml margarine

25 ml flour

3 ml chicken bouillon mix

300 ml milk

250 ml shredded cheddar cheese

Method:

1. Cook elbow macaroni according to package directions; drain.
2. Melt butter in a medium saucepan. Blend in flour, bouillon mix and garlic. Take off the heat.
3. Gradually stir in milk. When it is mixed well, return it to the heat and cook until mixture just comes to a boil.
Stir constantly.
4. Remove from heat and add the grated cheese. Stir until melted.
5. Add macaroni and reheat to serving temperature. Garnish with parsley or a sprinkle of dill.