

## Easy No-Bake Mac and Cheese

Yield: 4 cups

Serves: 4 adults

### Ingredients

- 1/2 pound uncooked macaroni (2 cups)
- 1 1/2 cups low-fat (1% or less) milk
- 2 tablespoons flour
- dash of pepper
- 8 ounces shredded low-fat sharp cheddar cheese (2 cups).

### Steps

1. Follow package directions to cook macaroni.
2. **Using a fork, blend flour and low-fat milk in a small mixing bowl until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts. Remove from heat.
7. Stir cheese sauce and cooked macaroni together until blended.
8. **Enjoy!**

**Have your child help you do the bold steps.**