



Carrot Macaroni & Cheese



Makes 16, ½ cup portions.

CACFP creditable food serving size: ½ cup

Each serving meets the bread/grain requirement and one vegetable component at lunch for 3-5 year old children. For a creditable lunch, add a meat/meat alternate serving, and 1/4 cup of another visually recognizable fruit or vegetable, and milk.

2 Cups Carrot (shredded)

¾ Cup Water

2 Cups Cheddar Cheese (shredded)

2 Cups Milk (divided)

3 Tbsps. Flour

2 tsp Salt

1 Pound WW Pasta

1 tsp Garlic Powder

2 Cups Green Peas

- 1) Prepare Pasta following manufacturer' s directions.
 - 2) Drain pasta, and return empty pot to stove, turn off heat.
 - 3) Shred Carrots using a box grater on 2nd to smallest option.
 - 4) Bring $\frac{3}{4}$ Cup of Water, Carrots and Peas to a boil, cook for 7 minutes.
 - 5) Place 1 Cup of Milk and 3 Tbsp. Flour in a jar with a tight lid, shake until well combined.
 - 6) Using the same pot that the pasta was cooked in, turn heat to medium, combine milk/flour mixture, remaining 1 cup of milk and 2 Cups of cheese. Bring to a boil and stir frequently.
(The sauce will not thicken unless the mixture boils).
 - 7) Add Salt, Garlic Powder, shredded Carrot/Pea mixture (do not strain), and WW Pasta. Stir to combine and enjoy.
-