

# Veggie Mac n Cheese

Serves 4



## Ingredients:

- 1 cup dried whole-wheat elbow macaroni
- 2 teaspoons olive oil
- 1 medium red bell pepper, chopped
- 8 ounces broccoli florets, chopped
- 2 small yellow summer squash or zucchini, thinly sliced crosswise
- $\frac{3}{4}$  cup water
- 1 cup fat-free milk
- 2 tablespoons plus 2 teaspoons all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{2}{3}$  cup shredded low-fat Cheddar cheese
- 2 tablespoons shredded low-fat Monterey Jack cheese
- 2 tablespoons plain dry bread crumbs



## Instructions:

1. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Pour the pasta into a baking dish.
2. Meanwhile, preheat the oven to 350°F.
3. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell pepper for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Stir in the broccoli and squash. Cook for 1 minute. Stir in  $\frac{1}{4}$  cup water. Cook for 2 to 3 minutes, or until tender, stirring occasionally.
4. Meanwhile, in a small bowl, whisk together the milk,  $\frac{1}{2}$  cup water, flour, salt and pepper. Pour into the cooked bell pepper mixture. Increase the heat to medium high and bring to a simmer, stirring occasionally. Remove from the heat. Stir in the Cheddar and Jack cheese until melted. Stir into the pasta. Sprinkle with the bread crumbs.
5. Bake for 20 to 25 minutes, or until the casserole is heated through and the top is golden brown.