



Broccoli Mac and Cheese



Ingredients

- 1 large, Egg
- 1/2 tsp Dry Mustard Powder
- 1/2 teaspoon, Pepper
- 1/2 tsp, Smoked Paprika
- 2 oz Extra Sharp Cheddar Cheese
- 1 cup 2% Reduced Fat Shredded Cheddar Cheese
- 2 link Roasted Red Pepper & Garlic Chicken Sausage
- 1 tbsp Butter
- 12 ounce Elbow Macaroni
- 1.25 cup Fat Free Milk
- 8 oz(s), Broccoli, raw

Instructions

1. Bring a pot of water to a boil, add in 1 tsp. salt and cook the pasta according to pkg. directions.
2. Drain the pasta and stir in the remaining 10 ingredients (keep 1/2 C. cheese aside for the topping).
3. Pour into a lightly greased 2 quart casserole dish, sprinkle the remaining cheese on top and cover with tinfoil.
4. Bake in a 350 degree oven for 25 min.
5. Uncover and bake an additional 10 minutes.

5 Servings

Nutrition Facts

5 servings

Amount per Serving

Calories	350
Total Fat	14 g
Saturated Fat	7 g
Cholesterol	96 mg
Sodium	496 mg
Carbohydrates	31 g
Fiber	2 g
Sugar	5 g
Protein	23 g