



## SPINACH-TOMATO MACARONI & CHEESE

*This holiday season, we are putting a nutritious spin on our favorite comfort food, macaroni and cheese. Unlike traditional mac & cheese, this diabetes-friendly recipe includes a healthy mix of garlicky spinach and tomatoes. Spinach is a nutrient-rich vegetable high in Vitamin C, Folate, and Fiber, making it a fantastic addition to any meal. Enjoy!*

**Yield:** 4 servings

**Serving Size:** 1 ½ cups

### Ingredients

- 1 ¾ cups **elbow macaroni**
- 1 tablespoon **olive oil**
- 1 cup onion, finely chopped
- 4 cloves **garlic**, minced
- ¾ teaspoon **salt**, divided
- 1 ½ cups **baby spinach**
- 1 cup **grape tomatoes**, halved
- 1 tablespoon all-purpose **flour**
- 1 tablespoon **butter**
- ½ teaspoon **ground pepper**
- 1/3 cup **1% milk**
- 1/3 cup **vegetable broth**
- 1 cup shredded **reduced-fat cheddar cheese**, divided

### Instructions

1. Preheat oven to 350 degrees F.
2. Cook macaroni as instructed on packaging. Drain and set aside.
3. Heat oil in a large skillet over medium to high heat. Add onion and ¼ tsp salt. Cook, stirring often, for 3-4 minutes until onion is tender. Add garlic and sauté an additional 1-2 minutes. Slowly add spinach overtime, stir until the leaves are wilted. Add 1 tbsp of water to help wilt the leaves, if necessary. Transfer to a larger mixing bowl.
4. Add the halved tomatoes to the skillet and cook on medium to high heat until soft, about 1 minute. Transfer to the bowl with spinach mixture.
5. Reduce heat to medium and add butter to the pan. When butter has melted, whisk in flour, pepper, and remaining ½ tsp of salt. Cook and whisk constantly for 2 minutes, until flour is slightly browned. Slowly whisk in milk and broth. Continue to whisk until the sauce is thick and bubbly for 1 to 2 minutes. Slowly whisk in ¾ cup of cheese until it is melted.
6. Add macaroni and sauce to mixing bowl with the spinach mixture and mix until combined. Transfer the mixture to a prepared baking dish and top with the remaining ¼ cup of cheese.
7. Bake until cheese is melted, about 10 minutes.

**Per Serving:** Calories 407, Carbohydrates 55.9 g, Protein 18.4 g, Saturated Fat 5.7 g, Sodium 725 mg, Fiber 5.1 g, Sugars 5.5g

This recipe was adapted from [eatingwell.com](http://eatingwell.com)

