

Whole Grain Mac and Cheese

Cook Time: 25 mins

Servings: 6

Serving Size: 2/3 cup

Ingredients

- 3 cups dry whole wheat pasta
- 2 cups fresh spinach, chopped
- 1/2 cup each shredded cheese: cheddar, Parmesan, Swiss
- 1 small container plain Greek yogurt (about 6 ounces)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

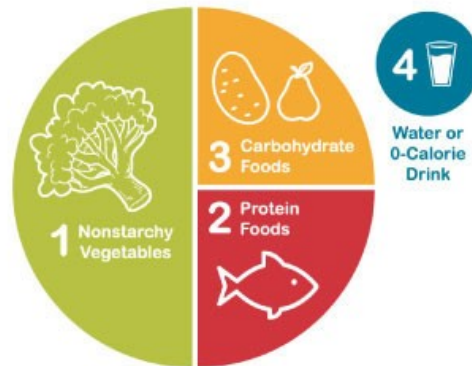


Directions

1. Cook pasta according to package directions. Save 1/2 cups of the cooking water.
2. Place spinach in the bottom of the colander. Pour the pasta on top of it. Stir to cook the spinach.
3. Add the pasta and spinach back to the pot. Add cheese and reserved pasta water. Stir until cheese is melted. Remove pan from heat.
4. Add yogurt, onion powder, and garlic powder. Stir until even and creamy.

Recipe adapted from Iowa State University Extension: <https://spendsmart.extension.iastate.edu/recipe/>
 Image Source: <https://marisamoore.com/spinach-mac-and-cheese/>

The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal



| Nutrition Facts | |
|--------------------------------|------------|
| 6 servings per recipe | |
| Serving Size: 2/3 cup | |
| Amount Per Serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 210mg | 9% |
| Total Carbohydrates 31g | 11% |
| Dietary Fiber 4g | 14% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 14g | |
| Vitamin D 0mcg | 0% |
| Calcium 251mg | 20% |
| Iron 2mg | 10% |
| Potassium 261mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)
[Eating Well](https://eatingwell.org) | [ADA \(diabetes.org\)](https://ada.org)