

MAC N' TREES

Eating your veggies doesn't have to be a chore! We roast the broccoli for a sophisticated spin on this classic kid favorite. Feel free to substitute steamed broccoli if you prefer, or even swap it out for cauliflower. Either way, enjoy the magical resemblance of the mini florets to little trees. Presenting veggies in a fun light can help make them more enticing for skeptical eaters!

MAKES 4 SERVINGS

INGREDIENTS:

- | | |
|---|-----------------------------------|
| 1/2 lb whole wheat fusilli or elbow pasta | 1/4 tsp salt (plus more to taste) |
| 1/4 cup minced onion | 10 oz shredded cheddar cheese |
| 1 clove garlic, minced | 6-8 oz broccoli |
| 2 T butter | 1-2 T sunflower or grapeseed oil |
| 2 tablespoons flour | |
| 2 cups milk | |

DIRECTIONS:

Cook pasta according to package directions. When it's done, drain and set aside.

Heat a medium pot over medium heat. Add butter and sauté onion and garlic until soft, about 5 minutes. Add flour and whisk mixture to make a paste. Slowly add milk, whisking constantly. Bring to a boil, reduce heat to low and simmer uncovered, whisking occasionally, for 10 minutes, or until thickened.

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DIRECTIONS (cont'd):

While bechamel is thickening, cut broccoli into mini florets. Heat oil in a large pan or wok over medium high heat. Add broccoli and cook, stirring often, until mini florets are nicely browned and broccoli is crisp tender. Sprinkle with a pinch or two of salt and set aside.

Once sauce is thickened, add shredded cheese a handful at a time, whisking until cheese melts. Remove from heat. Add cooked pasta and roasted broccoli to pot and stir well to coat. Season to taste with additional salt, if needed.

WASTE NOT...

Don't throw away those broccoli stalks! Trim off the ends, and shave off the outside layer (it's usually too tough and fibrous). Dice trimmed and peeled stems, and pan roast with the florets. Julienned or grated raw broccoli stalks also make a great addition to salads or slaws.

Enjoy!

WHAT KIDS CAN DO

Choose one, all or any of these steps based on your child's abilities and your time constraints. And remember, adult supervision is key!

- **Mince** onion & garlic
- **Grate** cheese
- **Chop** broccoli
- **Sprinkle** roasted broccoli with salt
- **Measure** ingredients
- **Whisk** sauce
- **Taste** for seasoning



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