



# CREAMY MACARONI AND CHEESE

The addition of spinach and yogurt will make this macaroni and cheese memorable.



**PREP TIME**  
15 minutes



**COOK TIME**  
12 minutes



**SERVES**  
12

## DIRECTIONS

1. In a large pot of boiling salted water, cook macaroni for about 8 minutes or until al dente. Reserve some of the cooking water and drain pasta. Return macaroni to pot.
2. Meanwhile, in a bowl whisk together yogurt, flour, garlic powder, smoked paprika, cayenne and nutmeg. Add yogurt mixture, spinach, cheddar and mozzarella cheeses to pot and stir over low heat until cheese melts. Season to taste with salt and pepper. Add some of the reserved cooking water if sauce is too thick. Serve immediately.

**TIP:** For a Baked Macaroni and Cheese, divide macaroni and cheese among 12 ovenproof dishes and sprinkle with additional mozzarella cheese and place under the broiler until golden and cheese melts.

## INGREDIENTS

- 6 cups (1.5 L) elbow macaroni
- 3 cups (750 mL) Oikos 2% Greek yogurt
- 5 tbsp (75 mL) all purpose flour
- 1 ½ tsp (7 mL) garlic powder
- ¾ tsp (3 mL) smoked paprika
- ¼ tsp (1 mL) cayenne
- ¼ tsp (1 mL) ground nutmeg
- 6 cups (1.5 L) lightly packed fresh baby spinach
- 4 ½ cups (1.125 L) shredded cheddar cheese
- 1 ½ cups (375 mL) shredded mozzarella cheese
- Salt and pepper to taste

## Per serving (1/12th recipe/about 330 g)

510	calories
20 g	fat
12 g	saturated fat
0 g	trans fat
52 g	carbohydrates
4 g	fibre
3 g	sugars
29 g	protein
65 mg	cholesterol
500 mg	sodium
550 mg	potassium
600 mg	calcium
3.5 mg	iron

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