

Baked Mac and Cheese

Diabetes Friendly

Items Needed: measuring cups, measuring spoons, mixing bowl, sauce pot x 2, spoon, baking dish

Serves: 8

Ingredients:

1 cup chickpea noodles- elbows or shells
1 cup parsnip
3 tbsp thinly sliced onion
1 tbsp butter
1 tbsp flour
1 ½ cups milk
1 tsp nutmeg
¼ cup cheddar
¼ cup parmesan
1 tsp salt
1 tsp ground black pepper
½ cup chicken, cooked, shredded
8 ounces tofu, seared, cubed

Directions:

1. Cook pasta to al dente- or with a bite to it- according to package; reserving some pasta water
2. While the pasta cooks, heat a medium sauce pot over medium-high heat with butter
3. When the butter melts into the oil add onion to the pot
4. Sauté onion in butter 1-2 minutes, until onions are translucent
5. Add flour to onion mixture and cook together another 1-2 minutes
6. Whisk in milk and nutmeg until warmed through and sauce is smooth 4-5 minutes
7. Stir in cheese while mixing in a figure 8 motion and season the sauce with salt and pepper; adjust seasonings to taste
8. Drain cooked pasta, add pasta to sauce stirring gently to combine
9. Top mac and cheese with whatever optional toppings are desired
10. Best enjoyed hot!

Nutrition Information (per 1 serving):

Calories: 154 Fat: 11 g Carbs: 8 g Protein: 5 g Fiber: 3 g Sodium: 4.6 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

Diabetes & Metabolism
Research Center

