



VEGGIE MAC & CHEESE

SHOPPING LIST

Serves 4

Mac & Cheese

1 8-ounce box Goodles Protein Pasta
1 ½ -2 cups vegetables of choice
½ cup cottage cheese
¾ cup shredded Vlaskaas
¼ cup shredded sharp cheddar
¼-½ cup milk, as needed
1 tablespoon unsalted butter
1 garlic clove, minced
Salt, to taste

Crispy Topping

½ cup panko breadcrumbs
1 tablespoon melted butter or olive oil
Optional 2 tablespoons grated
Vlaskaas or Parmesan

*Want a little extra nutrition? Mix in 1
tablespoon of ground flax seeds to the
panko mixture for added omega-3s!*

Choosing Your Veggie

*The vegetable in this recipe is completely
customizable. Choose one your family
already enjoys, introduce a new one for
kids to try, or use whatever you have on
hand.*

Carrots (Gus's pick): Sweet and blends
into an extra-smooth sauce.

Cauliflower: Steam for a subtle flavor or
roast for a deeper, nuttier taste.

Zucchini: Mild, squeeze out excess
moisture after cooking.

Red bell pepper: Sweet and savory, roast
or sauté for a richer flavor.

A family favorite that's both kid-friendly and
nutrition-forward, this mac & cheese adds
vegetables and a few unexpected sources
of protein. It's cozy, cheesy, and still feels
and tastes like the classic we know and love.

DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Steam vegetables for 10-12 minutes,
or until tender.
- 3 Prepare Goodles Protein Pasta according
to package directions until al dente.
- 4 Blend steamed vegetables, cottage cheese,
and milk until completely smooth.
- 5 To build the sauce, melt butter in a saucepan
over medium-low heat. Add garlic and sauté
for 30-60 seconds until fragrant. Mix in the
vegetable mixture and reduce heat to low.
Gradually stir in Vlaskaas and cheddar until
melted and smooth. Add additional milk as
needed. The sauce should be slightly loose.
- 6 Stir pasta into the sauce and transfer to a
greased casserole dish.
- 7 Combine panko with melted butter or olive
oil and sprinkle over the mac and cheese.
Add optional grated cheese.
- 8 Bake for 15-20 minutes, until hot and bubbly.
Broil for 1-2 minutes for a golden, crisp
topping, if desired.
- 9 Let cool for 5 minutes before serving.

WHAT MAKES THIS DISH BALANCED

Vegetables + fiber:

The vegetable-based sauce
adds fiber, vitamins, minerals,
and antioxidants. Goodles
Protein Pasta provides 7 grams
of dietary fiber per 2-ounce
serving, with vegetables adding
even more to support digestive
health and satiety.

Protein:

Cottage cheese, Vlaskaas,
cheddar, vegetables, and
Goodles Protein Pasta all
contribute protein. Together,
each serving provides about 20
grams of protein, varying
slightly depending on the
vegetable used.

*Did you know? Vlaskaas was
almost lost to history! Traditionally
made once a year for the Dutch
flax harvest, its recipe was
rediscovered in 2004 and is
now made year-round.*

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The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE