



Spring Vegetable Macaroni 'n' Cheese

READY IN



60 min.

SERVINGS



6

CALORIES



649 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz asparagus
- ☐ 4.5 tablespoons butter
- ☐ 6 ounces chèvre fresh (goat cheese)
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons flour
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 2 leeks
- ☐ 2 teaspoons lemon zest grated

- ☐ 3 cups milk
- ☐ 12 ounces orecchiette pasta dried
- ☐ 0.8 cup peas frozen
- ☐ 1.5 cups romano cheese shredded
- ☐ 1.5 teaspoons salt
- ☐ 2 slices sourdough bread

Equipment

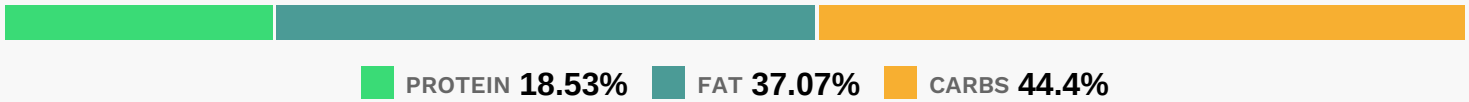
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Snap tough ends off asparagus; cut spears into 1/2-inch pieces.
- ☐ Cut root ends and tough green tops from leeks; cut leeks in half lengthwise and rinse well under running water, then thinly slice crosswise.
- ☐ In a medium pan over medium-high heat, stir the asparagus with the leeks, 1 tablespoon butter, and 1/2 teaspoon salt. Cook until the asparagus is just tender, about 7 minutes, then remove from pan and set aside.
- ☐ In a large pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add pasta and cook according to package instructions; stir in peas at the end.
- ☐ Drain and return to pan.
- ☐ Meanwhile, tear bread into chunks and put in a food processor with 1/2 tablespoon butter. Whirl until crumbs form.
- ☐ In the medium pan over medium-high heat, melt remaining 3 tablespoons butter.
- ☐ Add the flour and thyme; stir until smooth and bubbling, about 30 seconds. Slowly whisk in milk and stir until boiling and thickened, 5 to 8 minutes.

- ☐ Add lemon peel, mustard, pepper, and remaining teaspoon salt.
- ☐ Remove from heat and add goat cheese and 1 cup romano; stir until smooth.
- ☐ Pour sauce over drained pasta and peas.
- ☐ Add asparagus mixture and stir well. Scrape mixture into a 2 1/2-quart baking dish and spread level.
- ☐ Sprinkle evenly with remaining 1/2 cup romano and the bread crumbs.
- ☐ Bake until sauce is bubbling and bread crumbs are browned, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:88.31, Glycemic Load:32.3, Inflammation Score:-9, Nutrition Score:28.916521860206%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 649.16kcal (32.46%), Fat: 26.87g (41.34%), Saturated Fat: 16.41g (102.58%), Carbohydrates: 72.41g (24.14%), Net Carbohydrates: 66.96g (24.35%), Sugar: 12.13g (13.48%), Cholesterol: 76.26mg (25.42%), Sodium: 1267.08mg (55.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.44%), Selenium: 52.84µg (75.48%), Phosphorus: 585.12mg (58.51%), Calcium: 523.74mg (52.37%), Manganese: 1.05mg (52.34%), Vitamin K: 44.71µg (42.58%), Vitamin A: 1953.17IU (39.06%), Vitamin B2: 0.63mg (37.31%), Vitamin B1: 0.48mg (32.17%), Copper: 0.6mg (30.07%), Folate: 109.62µg (27.4%), Iron: 4.76mg (26.47%), Magnesium: 92.23mg (23.06%), Fiber: 5.46g (21.83%), Vitamin B6: 0.43mg (21.44%), Zinc: 3.06mg (20.42%), Vitamin C: 15.92mg (19.3%), Vitamin B3: 3.57mg (17.85%), Potassium: 593.17mg (16.95%), Vitamin B12: 1.01µg (16.84%), Vitamin B5: 1.33mg (13.28%), Vitamin D: 1.58µg (10.54%), Vitamin E: 1.47mg (9.81%)