Whole grains ‘n cheese

COOK TIME	0 min
PREP TIME	10 min
MAKES	4 servings

Move over, mac ‘n’ cheese! This grain-based recipe is taking over. Instead of macaroni, you’ll use quinoa, brown rice, and red rice in this recipe. You still get the cheesy, melty, creaminess you love in mac ‘n’ cheese, but now with organic grains.

INGREDIENTS

- 2 tbsps. butter
- 1/2 tsp. ground mustard
- 2 tbsps. all-purpose flour
- 1/8 tsp. pepper
- 1/4 tsp. salt
- Dash cayenne pepper
- 1 cup milk
- 2 packages of SEEDS OF CHANGE™ Quinoa, Brown & Red Rice with Flaxseed
- 2 cups shredded Cheddar cheese
- Chopped fresh chives

DIRECTIONS

1. In 2-quart saucepan, melt butter; stir in flour, mustard, salt, pepper and cayenne.
2. Cook over medium-low heat 1 minute.
3. Gradually stir in milk, whisking constantly.
4. Heat to boiling, stirring constantly. Cook and stir 1 minute longer. Remove from heat.
5. Gradually stir in cheese until melted.
6. Meanwhile, heat SEEDS OF CHANGE™ Organic Quinoa, Brown & Red Rice with Flaxseed as directed on package.
7. Stir into cheese sauce. Spoon into serving bowl; garnish with chives.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	520
Total Fat	25g
Saturated Fat	16g
Trans Fat	0g
Total Fat % DV	85%
Saturated Fat % DV	80%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	760mg
Sodium % DV	32%
Total Carbohydrate	46g
Dietary Fiber	3g
Sugars	4g
Total Carbohydrates % DV	15%
Dietary Fiber % DV	12%
Protein	21g

You might also love...

Creamy roasted cauliflower & whole grains soup

Cook time

30 min

Prep time

30 min

Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min

Eggnog breakfast porridge

Cook time

4 min

Prep time

5 min

Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min

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