

Foodnity Recipes

Spinach Mac and Cheese – Creamy Pasta Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb elbow macaroni
- [ ] 3 cups fresh spinach, roughly chopped
- [ ] 2 tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 2 cups whole milk
- [ ] 1 cup heavy cream
- [ ] 2 cups sharp cheddar cheese, shredded
- [ ] ½ cup Parmesan cheese, grated
- [ ] ¼ tsp ground nutmeg
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the elbow macaroni and cook until just al dente, about 8 minutes. Drain and set aside.
2. In a saucepan over medium heat, melt butter and sauté garlic until fragrant, then add the spinach, stirring until it wiltes, about 2 minutes.
3. Pour in the milk and cream, whisk gently, and let it simmer lightly. Sprinkle in the nutmeg, then gradually stir in the cheddar until smooth.
4. Add the cooked pasta to the sauce, toss to coat, and sprinkle the Parmesan on top. Transfer to a baking dish, broil for 2-3 minutes until golden.
5. Serve immediately, perhaps with a side of quick salad.

Nutrition per serving

420 kcal	18 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks thick, thin it with a splash of milk.
- Taste before adding salt; the cheese already brings plenty of seasoning.
- Avoid over-cooking spinach to keep its bright color.