

Healthy Bites

with

Bridgette



Broccoli Mac and Cheese with Salmon or Chicken Breast

Makes 6 servings

Ingredient List:

- 1 medium head broccoli
- 3 cups whole grain medium pasta shells
- 4 Tbsp unsalted butter
- Extra virgin olive oil
- 1 small onion
- 2 Tbsp all-purpose flour
- 2 cups milk
- 3 cups sharp cheddar cheese
- $\frac{3}{4}$ cup Gruyere cheese
- 1.5 lb salmon filet OR 3 boneless skinless chicken breasts
- Garlic powder
- Salt/pepper to taste